



A Practical Plan for Spiritual Discipline

Here's a practical plan to help you focus on Christ and incorporate these principles into your daily life. It's designed to be simple, flexible, and transformative over time.

MORNING ROUTINE: SETTING THE FOCUS

1. Start with Gratitude (5 minutes)

Before getting out of bed, thank God for three specific things.

Example: *"Thank You for Your faithfulness, for the breath in my lungs, and for the people in my life."*

2. Scripture and Prayer (15 minutes)

Choose a passage to meditate on. Use a devotional guide, follow a reading plan (e.g., the Gospels or Psalms), or reflect on verses like 2 Corinthians 3:18 or Philippians 4:8.

Pray using the day's passage: ask God to help you live out what you've read.

Example: *"Lord, as I behold Your glory today, transform me to reflect Your love, patience, and holiness."*

3. Set an Intention for the Day

Ask: "What attribute of Christ do I want to reflect today?" For example, patience, humility, or joy.

Write it down or keep it in mind as a guiding principle.

MIDDAY CHECK-IN: GUARDING YOUR FOCUS

1. Pause and Reflect (5 minutes)

Take a short break to ask:

Am I focused on Christ or distracted by worldly concerns?

Am I reflecting His character in my interactions?

Pray a short prayer of redirection if needed: *"Lord, help me to reset my focus on You."*

2. Fill Your Mind with Truth

Listen to worship music, a short sermon, or a podcast about spiritual growth during lunch or a walk.

Example resource: BibleProject podcasts or the "Pray As You Go" app.

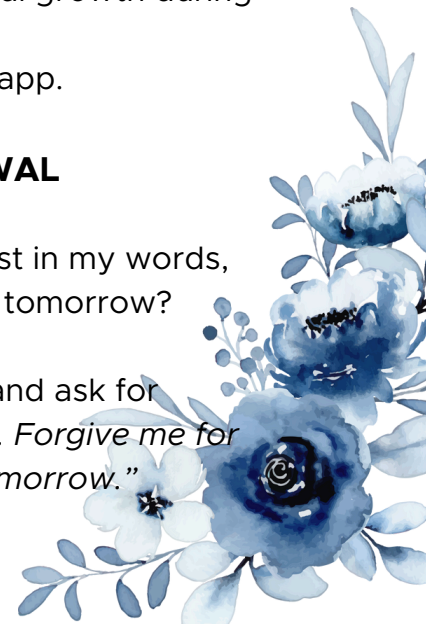
EVENING ROUTINE: REFLECTION AND RENEWAL

1. Journal or Reflect (10 minutes)

Ask yourself: Where did I see God at work today? Did I reflect Christ in my words, thoughts, and actions? What distracted me, and how can I refocus tomorrow?

2. End the Day in Prayer

Confess any areas where you struggled, thank God for His grace, and ask for strength to grow. Example: *"Lord, thank You for guiding me today. Forgive me for moments when I lost focus. Transform me to be more like Jesus tomorrow."*





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WEEKLY HABITS FOR GROWTH

1. Dedicated Rest Day

Spend extended time in worship, Bible study, and rest to reset your focus.

2. Fellowship and Accountability

Attend a small group or connect with a mentor. Share what God is teaching you and encourage one another.

3. Service and Outreach

Reflect Christ by serving others—volunteer, write an encouraging note, or help someone in need.

Long-Term Growth: Deepening Your Focus

Memorize Scripture: Choose one verse weekly that reminds you to focus on Christ. For example, Hebrews 12:2: “Fixing our eyes on Jesus, the pioneer and perfecter of faith.”

Declutter Distractions: Identify activities or influences that draw your focus away from God (e.g., excessive media consumption) and replace them with uplifting alternatives.

Celebrate Progress: Periodically reflect on how God has transformed you and rejoice in His work in your life.