

Training Schedule

What new spiritual disciplines (or “ordinances of God”) will you commit to in the coming weeks? Fill in the days of the month on the blank calendar below. Then jot down, on the appropriate days, the spiritual practices that you will commit to. You may commit to doing something every single day (such as morning prayer or reading a daily devotional), once each week (attending a mid-week worship service or Bible study), or whenever the need arises (resisting the temptation to spend your allowance on something that you don’t need).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday