

## Practicing the Spiritual Disciplines

### Bible Reading:

This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do all that is written in it. Joshua 1:8

**Prayer:** ...praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints...

Ephesians 6:18

### Scripture Memorization:

My son keep my words  
and treasure up my commandments  
with you;  
keep my commandments and live  
keep my teaching as the apple of  
your eye;  
bind them on your fingers  
write them on the tablet of  
your heart.

Proverbs 7:1-3

Bible study and prayer are not ends in themselves - they are tunnels to walk through in order to draw near to God.

Use this calendar to help you track your progress and growth. Set a goal for Bible Reading (B), for prayer (P), and for Scripture Memorization (M). Mark your calendar with BPM on days you meet your goal. On days you exercise a spiritual discipline but don't meet your goal use a lower case b,p,or m. On those days that you do not practice one of these spiritual disciplines leave that letter blank Bp\_.

Begin Date: _____		Spiritual Disciplines Calendar																																
May																																		May
Jun																																		Jun
Jul																																		Jul
Aug																																		Aug
Sept																																		Sept
Oct																																		Oct
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			