

Name _____

Week _____

Spiritual Checklist	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pray							
Rest							
Abide							
Yield							

Aim to practice the habits 5-7 seven times each week. Put a check in the box each time you complete one of the habits.

Pray. Use this space to detail WHY you want to pray more, WHERE you will do your praying—a prayer closet, on your morning walk, etc., and WHEN you will take time to pray.

WHY _____

WHERE _____

WHEN _____

Rest. Use this space to detail WHY you want to rest, WHAT you will do to rest, and WHEN you will rest.

WHY _____

WHAT _____

WHEN _____

Abide. Use this space to detail WHY you want to abide, WHAT abiding looks like for you, and WHEN you will practice abiding.

WHY _____

WHERE _____

WHAT _____

WHEN _____

Yield. Use this space to detail WHY you want to learn to yield, WHAT you will do to show that you're yielding, and WHEN you'll take time to yield.

WHY _____

WHAT _____

WHEN _____