Month: _____ Year: _____

DAILY SPIRITUAL DISCIPLINES

Proverbs 25:28 "A man or woman without self-control is like a city broken into and left without walls."

DAYS OF THE MONTH	**Read** one chapter of the **Bible**	**Summarise Bible** chapter in your own words	**Memorise Scripture**	Love someone with the **gospel**	15 minutes of **Bible Study**	Act of **kindness** - **served** someone **Generosity**	Spent time in **prayer**	Workout Length	Average pulse	Peak pulse	Phone 5 pastors who have bought resources	Phone 5 fresh pastors
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"God did not give us a spirit that makes us afraid but a spirit of power and love and self-control." 2 Timothy 1:7