



Apart But Connected

Week 4 Growth Plan

Scripture Reading: Each day this week, spend at least 5 minutes reading from the Bible. Each day, try to see what the Lord is telling you in the reading. How can you apply this to your life? Share one thing with your partner(s) this week via text, call, or email.

Before Wednesday, for one of your Scripture reading times, read Psalm 20. Reflect on what the Lord is trying to teach you. Get out a journal or notebook and record one thought.

Prayer Time: Each day, spend at least 5 minutes praying for at least these three areas:

- 1) Your family
- 2) The Woodburn Missionary Church family
- 3) Those who work in the health care field and are exposed to patients with COVID-19

Family Activity: As a family, sit down and eat at least 3 meals together at the table (if you don't already.) Meal 1: Go around the table and share one thing you need to accomplish this week. Meal 2: Take turns sharing one awesome thing about the person on your left. Now go the other direction and share one awesome thing about the person on your right. Meal 3: Share one thing you think the Lord is trying to teach you recently.

Personal Activity: Think of someone who has had a positive impact in your life. Reach out to them this week via phone, email, or even a letter and let them know how much you have appreciated their investment in you and the difference it has made. Now think of someone you can encourage and reach out to them. Tell them how proud you are of them.

Physical:

Cardio - Do anything that gets your heart rate up for at least 30 minutes 3 days this week.

Core - Three days this week, stand with feet spread about shoulder length apart. Hold hands straight out (like a cross.) Now reach your right hand and touch your left foot (or as close as you can come) then back to the cross position. Next reach your left hand and touch your right foot. Continue to alternate. Do two sets of this for 30 seconds each with 30 seconds between sets.

Strength - Three days this week, do two sets of this. Do as many jumping jacks as you are able in 1 minute. Rest for 1 minute. Now, do that again and see if you can do more than your first set. If you need a bigger challenge, hold a can of soup (or other weight) in each hand. If jumping is a problem, just walk in place and move your arms like a jumping jack, from straight down to your sides to clapping them fully extended above your head.