



Apart But Connected

Week 7 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 27. Reflect on what the Lord is trying to teach you. Record one thought in your journal or notebook.

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 in my circle of influence who may be watching me

Family Activity: Let's jump back to our ABC theme. Get a piece of paper and write the letters of the alphabet down the left side of the sheet. Now, try to list personal traits that we want others to see in us that begin with each letter of the alphabet. (ex. A = appreciative, B = benevolent, etc.)

Personal Activity: Make a list of ways in which you need to trust in God during this time. Now, make a list of people who may be watching you (in person or online). Based on what they see, would they say that you are trusting the Lord in these tough circumstances? Do they see the traits you listed in the Family Activity above? If not, see if you can change that this week!

Physical:

Cardio – Do anything that gets your heart rate up for at least 30 minutes 3 days this week. Try to do this outside. One of those times should be a long walk. Try to see if you can pick up the pace from your normal speed and maintain that throughout your walk.

Core – Try this three days this week. We are going to go for variety this week. Begin with a plank for as long as you are able. Rest for 1 minute. Lay on your back and kick your legs up and down for as long as you are able without letting them touch the ground. Rest for 1 minute. Now lay on your back, feet on the ground with knees bent, lift your head 6 inches off the ground touching your right ankle with right hand, then left ankle with left hand. Go until you have to rest your head on the ground. 1 set should be enough to work those abs.

Strength – OK, let's go for it this week. We are going to hit a new push-up challenge. Three days this week should be good. Get a timer. Start the time and do 10 pushups (or as many as you are able.) Remember, you can do these on your knees if necessary. Then wait 10 seconds on your timer. Now do 9 pushups (or 1 less than the previous set.) Again, wait 10 seconds between sets and go all the way down to 1. If you need a bigger challenge, stay in the upright position during the 10 seconds between sets. Dig deep and do 2 rounds of this if you can!