



Apart But Connected

Week 6 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 22:22-31. 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) The leaders of our country

Family Activity: As a family, carve out 30 minutes to sit down together with no TV, cell phones, or other distractions. Look through a picture album (wedding album?) or online slideshow and talk about those experiences that you shared as a couple or family.

Personal Activity: Think of those closest to you. Maybe it's your family members, maybe it's a good friend, maybe a neighbor. Now figure out a practical way to serve each of them this week without being asked. This may be simply helping with the dishes or laundry, cleaning a neighbor's driveway, or picking up groceries for a friend.

Physical:

Cardio – Do anything that gets your heart rate up for at least 30 minutes 3 days this week. See how far you can walk this week. If you need help determining distances outside, check out <https://us.mapometer.com/>

Core – Try this three days this week. Lay on your back with two hands clasped behind your head. Now lift your head about 6 inches off the ground, reach your right elbow toward your left leg, then back. Now reach your left elbow toward your right leg, then back. Alternate without allowing your head to touch the ground. (Leg position is up to you. You can have legs flat on the ground, you can have knees up, or you can have legs off the ground. Experiment and discover which muscles are affected.) See how many you can do in a row. Push yourself and do 3 sets of these.

Strength – Let's hit legs this week. Clasp hands and place them on your chest. Now take one big step with your right leg and touch your left knee to the ground, then stand back up. Now repeat with your other leg. Try to do 20 on each leg (or as many as you are able.) If you need a bigger challenge, hold a weight in each hand and hold them straight out as you do this exercise. 2 sets should be a good workout.