



Apart But Connected

Week 5 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 77. 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) Your neighbors, especially those who may not know the Lord

Family Activity: As a family, sit down and eat a meal together with no TV, cell phones, or other distractions. Share your favorite vacation spots or family memories, then dream together about a place where you would like to visit in the future. Now think about what it would take to make that happen.

Personal Activity: Make a list of your personal attributes – good and bad. What is one attribute that you would like to develop. Ok, now think of one thing you can do to practice that attribute...and do it!

Physical:

Cardio - Do anything that gets your heart rate up for at least 30 minutes 3 days this week. At least one of these should be done outside!

Core – Try this three days this week. Plank for as long as you can, rest for 1 minute, then lay on your back with hands beneath the small of your back and kick your legs up and down (without stopping or touching the ground) for as long as you are able.

Strength – Hopefully you have been getting stronger over the past month. Let's see. Back to pushups this week. See how many you can do by Saturday evening. Can you get 100? 500? 1,000? Challenge yourself and do them in between other activities or during commercials on TV. As before, if you need to do them on your knees, that is perfectly fine.