



July

Daily

- Scripture - Read church Bible reading plan for January (See attached guide)
- Prayer
 - Pray before you read your daily reading plan and ask God to soften your heart to His Word.
 - Pray after you read your daily reading plan and ask God to help you be a doer of the Word.
 - Use your daily prayer guide and template option to guide your prayer time (See attached)
- Journal - (See attached journaling options)

Weekly

- Memorize weekly verse
 - Week of July 5th - 1 Timothy 6:11
 - Week of July 12th - 1 Corinthians 15:58
 - Week of July 19th - James 1:19
 - Week of July 26th - Psalm 119:1
- Touch base with group members
- Book - *The Humility Project for Men* - Ed Welch (2nd Half)

Monthly

- Participate in group meeting
 - Recite Scriptures
 - Share updates on your book reading, Bible study, journaling, personal prayer time, and prayer requests



Journal

S.O.A.P Method

- **Scripture** - write a verse that stands out in your reading.
- **Observation** - note what stands out about the verse.
- **Application** - apply it to your life.
- **Prayer** - ask God to help you follow what His Word says.

H.E.A.R Method

- **Highlight** - choose a verse that stands out and write it down in your journal, noting the book, chapter and verse.
- **Explain** - Who wrote it? To whom? What's the context? What is God saying?
- **Apply** - What commands or attitudes should I embrace/avoid? How does this change my life?
- **Respond** - Write a prayer, a list of actions, or a song/poem about the passage, focusing on a specific change or worship.

Sword Method

- What do I learn about God?
- What do I learn about man?
- Is there a sin to avoid?
- Is there a command to obey?
- Is there an example to follow?



Prayer

A.C.T.S Method

- **A**doration - start by worshiping and exalting God for who He is (holy, loving, powerful) and His attributes, using scripture or songs to express awe.
- **C**onfession - honestly admit your sins to God, seeking forgiveness (1 John 1:9), which clears the way for a closer relationship.
- **T**hanksgiving - thank God for His blessings, both big and small, from salvation to daily provisions, as commanded in scripture (1 Thessalonians 5:18).
- **S**upplication - bring your requests and petitions to God for yourself, others, and the world, trusting He knows best, but always submitting to His will.

P.R.A.Y Method

- **P**raise God for who He is and for what He has done with the phrase, "Our Father who is in heaven, holy is your name..."
- **R**epent of sins I have committed, of commands I have neglected with the phrase, "forgive us our sins and help us to forgive others."
- **A**sk for the needs of others and my own needs with the phrase, "give us this day our daily bread and lead us not into temptation, but deliver us from evil..."
- **Y**ield my will to God's will, my agenda to God's agenda for me with the phrase, "Your kingdom come, your will be done on earth as it is in heaven."

Days of the Week

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| • Monday - Missions | • Friday - Friends |
| • Tuesday - Team (men in your group) | • Saturday - Sanctification |
| • Wednesday - Wisdom | • Sunday - Sacrifice |
| • Thursday - Temptation | |