

1	WHAT WILL MY DAY LOOK LIKE?
2	WHAT WILL I READ?
	WHAT CAN I SUMMARIZE
3	AND JOURNAL ABOUT TODAY?
4	WHAT CAN I TAKE AWAY FROM
	TODAY AND APPLY?
5	WHO DO I WANT TO CALL/PROCESS WITH TO HOLD ME ACCOUNTABLE? FOR WHAT?

# BRING

- Bible, notebook/journal, music, books, pen
- Things I want to pray over:
- Things I want to remember:



### WHAT WILL MY DAY LOOK LIKE?

- Eat/Fast? What will I fast from (do without)?
- · Reflect while walking and praying?
- · Read?
- Walk/run/ride/listen to music?
- · Nap?

## WHAT BOOK OF THE BIBLE WILL I READ?

- Is there a message or podcast by a special speaker that God is challenging me to listen to?
- Is there a book I'd like to read? Consider:
  - The Pursuit of God by A.W.Tozer
  - The Blessings of Humility by Jerry Bridges
  - · Meditation by Jim Downing
  - A Gospel Primer for Christians by Milton Vincent

# HOW AM I DOING (THINK THROUGH MY LAST DAWG)?

- Physically (sleep, exercise, recreation)
- Mentally (books, study, writing)
- · Socially (friends, family, hospitality, social media, witnessing)
- Spiritually (quiet time, fellowship, Bible Study, Church)

### **APPLICATION?**

- · Is there a meaningful verse that I want to memorize?
- Do I want to dig more deeply through Bible study over an issue?

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