



**JOURNEY INTO
SPIRITUAL DISCIPLINE**

TWO SEPARATE STAGES

- **STAGE ONE – 40 Days**

- Two separate 40-minute workouts per day. *Must* be separated by at least 3 hours. One of them *MUST* be outside. This must be dedicated exercise time (not employment or chore-related like lawnmowing, snow shoveling, taking kids to park, etc.).
- Choose a nutritional goal and plan and **STICK TO IT** every day! No deviating. No exceptions.
- No alcohol. No illegal substances. Prescription meds OK only as prescribed.
- No pornography.
- Read 10 pages of a faith-based spiritual/personal improvement book. No audio books – you *must* read!
- Read one chapter of the Bible (this can be done via audio if you choose).
- Drink one gallon of water per day. If female, you may drink $\frac{3}{4}$ gallon of water per day. No additives to water – must be pure. Adding something like electrolytes, a lemon or orange slice is acceptable.
- Discipleship: Connect with at least one other person of faith every day either in person or by phone in order to receive insight, encouragement and wisdom for your life. No text messaging! (NOTE: This can include other things you do in your life as well, such as church, life group, Bible study, or other meetings where you receive **PERSONAL** insight into *your* life). Not everyone will have something to say, but the point is to make yourself available for feedback.

- **STAGE TWO – 40 Days**

- *Everything from STAGE ONE, except *DISCIPLESHIP.*
- Take 5-minute cold shower every day. The shower should be on the coldest setting possible.
- 10 minutes of focused prayer. Have a journal ready for after.
- Every day perform an act of kindness (something outside of your normal and/or comfort zone).

NOTES:

*You don't have to go straight from one stage to the next, but having them as close as possible, or even back to back, is recommended so as to not lose momentum.

*If any item is missed then you must restart at day one of whichever 40 stage you are doing.

*Exceptions may be made to these for spiritual reasons (e.g. communion if it breaks dietary rules, sabbath if it's something you regularly do, etc.).

*Not recommended if you are pregnant, nursing or have certain health conditions. Consult a physician before beginning.

*Why no discipleship in Stage 2? Certainly, discipleship is important, and this habit is a good one to keep. It is just not required for Stage 2. Instead, your growth should be turning outward at this point (see bullet point 4 of Stage Two).