

Transformation Goal:

To learn to 'watch and pray',
incorporating prayer as a highly
effective discipline.



WEEK 1, DAY 1

Today's Spiritual Exercises:

- Prayer
- Humility: Admitting your own powerlessness
- Creating a Transformation Journal

OBJECTIVES

Today, you will seek the transformation of your inner person. Specifically, you will work to develop the habit of disciplined prayer. Much like taking the time to eat lunch, this is about forming the habit of disciplined conversations with God.

SOLUTIONS

Developing the habit of focused or disciplined prayer is about properly keeping our priorities straight. There are few activities more important to our transformation than simply being in the presence of Jesus. This is where prayer begins. This spiritual exercise "program" will help you develop and maintain the habit of prayer as a discipline. Just remember that the ultimate transformation you seek arises from the work of the Holy Spirit within you. Always remain dependent upon Him. Even so, there is a part you must play.

EXERCISE:

Activity 1 (15 min):

It's imperative you begin this transformation process at the feet of Jesus. In this act of humility and prayer, find a private place and confess to God your desire to make prayer a regular habit, a time for you and Him to be together. Spend 15 minutes just being in His presence. Let Him know of your hearts desire.

Activity 2 (5-15 min):

Schedule into your calendar for the next 30 days a 15 minute (or more) time slot devoted to prayer. Protect that time, allowing nothing to interrupt. The point is to make prayer a daily habit. One blessing you will probably experience is that the more you pray, the more you want to pray.

Activity 3 (15 min):

Create a transformation journal. It can be a document you store and access online or a physical notebook. Title the book or section, "My 30 Day Challenge: Becoming More Like Jesus". Here you will record your thoughts, experiences, etc., as you journey with Jesus into becoming more like Him.

The Truth:

"Lord, teach us to pray."

Like 11:1

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WEEK 1, DAY 2

Today's Spiritual Exercises:

- Prayer
- Humility: Admitting your own powerlessness
- Journaling

The Truth:

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Philippians 4:6

OBJECTIVES

Today, and throughout the week, you will seek the transformation of your inner person. Specifically, you will work to develop the habit of disciplined prayer. Much like taking the time to eat lunch, this is about forming the habit of disciplined conversations with God. The more time you spend with Jesus, speaking to Him, the more you become like Him.

SOLUTIONS

Developing the habit of focused or disciplined prayer is about properly keeping our priorities straight. There are few activities more important to our transformation than simply being in the presence of Jesus. This is where prayer begins. This spiritual exercise "program" will help you develop and maintain the habit of prayer as a discipline. Just remember that the ultimate transformation you seek arises from the work of the Holy Spirit within you. Always remain dependent upon Him. Even so, understand there is a part you must play.

EXERCISE:

Activity 1 (15 min):

Have your journal on hand. For helpful tips on journaling, watch the video ['How To Journal For Transformation.'](#) Write in your journal tips which you found most helpful.

Activity 2 (5-15 min):

What is on your heart? Using your journal, write whatever is on your heart. Thinking of a big project at work? Write it down. What would you like God to do? Write it down. Let your journal become your 'safe place' to write of the urges of your heart.

Activity 3 (15 min):

Again, spend your dedicated prayer time today with a simple focus - giving your desire to establish this habit over to God. And remember, the power you need to change, to be transformed, is within you. It is the Holy Spirit and He is the same power that raised Jesus from the dead (Rom 8:11). You and He can do this!

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WEEK 1, DAY 3

Today's Spiritual Exercises:

- Prayer
- Developing a vision of the Christ-like person you are becoming
- Journaling

The Truth:

**"But seek first his kingdom
and righteousness, and all
these things shall be given to
you as well."**

Matt 6:33

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WEEK 1, DAY 4

Today's Spiritual Exercises:

- Prayer
- Journaling
- Continually focus on seeing in your mind (meditation) the transformation you want to experience.
- Meditating on Jesus' experience in the garden in Gethsemane.

The Truth:

"Not my will but yours be done."

Matt 26:39

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WEEK 1, DAY 5

Today's Spiritual Exercises:

- Prayer, prayer walk
- Journaling
- Continually focus on seeing in your mind (meditation) the transformation you want to experience.
- Meditating on Jesus' experience in the garden in Gethsemane.

The Truth:

**"The spirit is willing, but the
flesh is weak."**

Matt 26:41

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WEEK 1, DAY 6-7

Today's Spiritual Exercises:

- Prayer, prayer walk
- Journaling
- Continually focus on seeing in your mind (meditation) the transformation you want to experience.
- Meditating on Jesus' experience in the garden in Gethsemane.

OBJECTIVES

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SOLUTIONS

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WEEK 2, DAY 1

Today's Spiritual Exercises:

- Prayer
- Journaling
- Serving someone else

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WEEK 2, DAY 2

Today's Spiritual Exercises:

- Prayer
- Journaling
- Serving someone else

The Truth:

**"For this is what the high and lofty
One says . . .**

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WEEK 2, DAY 3

Today's Spiritual Exercises:

- Prayer
- Journaling
- Serving someone else

The Truth:

**"Therefore, as God's chosen people,
holy and early loved, clothe
yourselves with compassion,
kindness, humility, gentleness and
patience."**

Col 3:12

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WEEK 2, DAY 4

Today's Spiritual Exercises:

- Prayer
- Journaling
- Confession to God
- Confession to a trusted brother or sister

The Truth:

**"Confess your sins to one another
and pray for one another, that you
may be healed."**

James 5:16</

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WEEK 2, DAY 5

Today's Spiritual Exercises:

- Prayer
- Journaling
- Serving someone else

The Truth:

**"One of those days Jesus went out
to a mountainside to pray, and
spent the night praying to God."**

Luke 6:

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WEEK 2, DAY 6 & 7

Today's Spiritual Exercises:

- Prayer: Neighborhood walk
- Journaling
- Schedule adjustment
- Listening to God

The Truth:

"My dear friends, don't let public opinion influence how you live out our glorious, Christ-originated faith."

James 2:1, *The Message*

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WEEK 3, DAY 1

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Hearing Him in His Word

The Truth:

**"He got up, rebuked the wind and
said to the waves, "Quiet! Be still!"
Then the wind died down and it was
completely calm.**

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WEEK 3, DAY 2

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Praying scripture

The Truth:

**"Now to him who is able to do
immeasurably more than all we ask
or imagine, according to his power
that is at work within us....".**

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WEEK 3, DAY 3

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Praying scripture
- Meditating on word/phrase

The Truth:

**"I keep asking the God of our Lord
Jesus Christ...that you may know
Him better."**

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WEEK 3, DAY 4

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Praying scripture
- One hour prayer time

The Truth:

**"Let the word of Christ - the
Message - have the run of the
house. Give it plenty of room in your
lives."**

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WEEK 3, DAY 5

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Praying scripture
- One hour prayer time

The Truth:

"...and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."

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WEEK 3, DAY 6 & 7

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Praying for someone else

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WEEK 4, DAY 1

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Fasting

The Truth:

**"But when you fast...do not be
obvious to others...but only to your
Father; and your Father, who sees
what is done in secret, will reward
you."**</

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WEEK 4, DAY 2

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Worship

The Truth:

**"Praise the Lord, O my soul; all my
inmost being, praise his holy name."**

Psalms 10

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WEEK 4, DAY 3

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Memorization

The Truth:

**"I have stored your word in my heart
that I might not sin against you."**

Psalm

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WEEK 4, DAY 4

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Detachment

The Truth:

**"And do not forget to do good and
to share with others, for with such
sacrifices God is pleased."**

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WEEK 4, DAY 5

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Retreating with God

The Truth:

"Offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship."

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WEEK 4, DAYS 6 & 7

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Scheduling future praying

The Truth:

**"Offer your bodies as living
sacrifices, holy and pleasing to God -
this is your spiritual act of worship."**