



WEEK 1, DAY 1

Today's Spiritual Exercises:

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

The Truth:

"Lord, teach us to pray."

Like 11:1

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.





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!





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

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.

SOLUTIONS

Spiritual transformation, more specifically the practice of spiritual disciplines, is not about an attempt to manipulate the hand of God. Far from it. It is about seeking the heart of God. It is about placing ourselves in a position where God can more directly on us in order to transform us into the image of His Son.

EXERCISE:

Activity 1 (15 min):

If you have not already done so, write in your journal of your desire to have prayer become a more meaningful part of your life. "We do not know what we ought to pray for..." wrote Paul. "The Spirit helps us in our weakness..." So seek His help. Specifically, write a letter to God stating your desire. It doesn't have to be long, just genuine. You may feel somewhat awkward doing this exercise, but do it anyway.

Activity 2 (5-15 min):

What time today are you devoting to praying? It's in your schedule for today, right? Remember this is part of developing the habit of prayer. Eventually, you won't need to schedule in your calendar because your heart will serve as the prompt to be with Jesus. Smile....this is your future!

Activity 3 (15 min):

It is very important that you begin to see clearly the person you are aiming to become. What is your vision for the person or disciple you want to become? What is your prayer life like in one year? Begin thinking and praying about this. Remember, spiritual transformation is not random or accidental but guided by a purposeful pursuit of a Christ-centered life. Write this vision in your journal. The next several exercises will focus on the vision God is placing on your heart.





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

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.

SOLUTIONS

Spiritual transformation, more specifically the practice of spiritual disciplines, is not about an attempt to manipulate the hand of God. Far from it. It is about seeking the heart of God. It is about placing ourselves in a position where God can more directly on us in order to transform us into the image of His Son.

EXERCISE:

Activity 1 (15 min):

Re-read the letter you wrote to God. Include it in your prayer time today. Remember, behind the longing to experience a changed or transformed prayer life is the desire to be more like Jesus. So it could be said that the desire to have a transformed prayer life is equivalent to praying for greater peace, joy, confidence, love for others, power, self-control, etc. These are things Jesus perfectly possessed and modeled.

Activity 2 (5-15 min):

Remember your appointment with Jesus today. He is waiting to hear your voice again. And, again, part of the value of developing the prayer habit at a specific time is the training of the flesh, of denying one thing for the benefit of another. Continue to write of your experience in your journal. Also, make any adjustments in your journal to the vision or picture of the kind of disciple, the kind of prayer life you want to have in the future. Continue to refine this vision as God leads you.

Activity 3 (15 min):

Read Matt 26:36-46. As you do, think about what characterizes Jesus' prayer. What kind of mindset did He have? How did He demonstrate His trust in His Father? Let the Spirit guide you as meditate on His word. Write your responses in your journal. Finally, seek to incorporate your findings into your own life. Seek the help of the Spirit.





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

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.

SOLUTIONS

Spiritual transformation into the likeness of Jesus is worthy of any God-honoring sacrifice we might make. If becoming like Jesus is your intent, then giving up sleep, money, time, reputation, etc., is worth it. We sacrifice now in order to see more of Him later.

EXERCISE:

Activity 1 (15 min):

Having a clear understanding of your spiritual goal, of the desired transformation is imperative. Hopefully, this vision of the future is already in your mind and heart. To strengthen that vision, compose an email containing that vision. Be specific and as detailed as you can. How will that transformation honor God and help you? Once complete, send it to two people whom you trust, who will pray for you. If so desired, also send it to this author at mark@allthingslikejesus.com as we want to hear of your future. Simply allow your vision for Christlikeness permeate your mind and prayers.

Activity 2 (30 or more min):

Once again you have an appointment to pray. Add to your prayer time a 30 min walk in your neighborhood. Include requests for your neighbors, opportunity for you to serve them, that they all come to know Jesus. Write of the experience in your journal.

Activity 3 (15 min):

Previously you read Matt 26:36-46. Jesus said, "The Spirit is willing, but the flesh is weak." In what ways, as it relates to making prayer an intentional part of your daily life, can you relate? In other words, what challenges are you facing? Why is praying sometimes difficult for you? Again, write these in your journal. As you continue in your journey, you will begin to see these challenges minimized or even completely disappear. Transformation!





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

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.

SOLUTIONS

Spiritual transformation, more specifically the practice of spiritual disciplines, is not about an attempt to manipulate the hand of God. Far from it. It is about seeking the heart of God. It is about placing ourselves in a position where God can more directly on us in order to transform us into the image of His Son.

EXERCISE:

Activity 1 (15 min):

For today and tomorrow, the primary goal is to keep your prayer appointments which you have previously scheduled. Just be with Jesus. Talk to Him as you would a best friend. Share again your desire to become more like Him. He is delighted with you and smiles when He looks at you. Enjoy being in the presence of the King!

Activity 2 (30 or more min):

If led to do so, write of your prayer experience in your journal. No obligations. The only obligation is today and tomorrow is to pray. A note of encouragement: be sensitive to what God is saying to you. Prayer is not only speaking to God but listening as well.

The Truth:

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

I John 5:14





WEEK 2, DAY 1

Today's Spiritual Exercises:

- Prayer
- Journaling
- Serving someone else

The Truth:

"After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him."

John 13:5

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can more directly work on us in order to transform us into the image of His Son. It is completely dependent upon the grace of God. Therefore, humbling ourselves before the Majesty is paramount to your transformation. This week will focus on cultivating the virtue of humility.

EXERCISE:

Activity 1 (15 min):

Humility plays a vital role in becoming like Jesus. However, it is not a virtue that can be gained through direct pursuit; rather, it is cultivated indirectly, mostly through the discipline of serving others. As one becomes more and more humble in spirit, your prayer life will be forever impacted. Begin now by praying for God to create greater humility in you. Again, seek His help in learning to be like Him. Remember, it was the King of Kings who humbled himself, took a towel and washed the dirty feet of his disciples.

Activity 2 (30 or more min):

Today, you will no doubt run across someone you can serve. Serve them. Maybe you already have someone in mind. You are not looking for any kind of grateful response., per se. Instead, you are simply looking for an opportunity to meet a need. Pray that God will open the door for you. Keep watching! Write in your journal of the opportunity. How did you respond? How did you serve him/her?

Activity 3 (15 min):

Think for a moment of how this act of service has impacted your prayers. You prayed that He would open a door. You probably prayed for wisdom on how to respond. Maybe you prayed for the person you served. Wow! That is a lot of impact. Add any additional insight in your journal.





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 . . .

'I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite."

Isaiah 57:15

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can more directly work on us in order to transform us into the image of His Son. It is completely dependent upon the grace of God. Therefore, humbling ourselves before the Majesty is paramount to your transformation. This week will focus on cultivating the virtue of humility.

EXERCISE:

Activity 1 (15 min):

There is no transformation without humbling ourselves. Being intentional about serving others has already impacted your prayer life. So we will continue to serve other using the list provided (click here). Choose 2 or more activites. If nothing on the list appeals to you, create your own. Pray through the entire process: seek God's help in choosing the activity, ask him to reveal who needs your service, etc. Remember, seek to do the act of service without looking for a positive response. Let your joy be in what God is doing in your heart. Record your experiences in your journal.

Activity 2 (30 or more min):

As you pray today, spend a few minutes giving thanks to God for allowing you to be His servant. Truly you are a servant of the Most High.

Activity 3 (15 min):

Once again, think on how your engaging in the service of others has impacted your prayers over the last few days. Give honor to God! Is there something else He is calling you to do, to serve another?





WEEK 2, DAY 3

Today's Spiritual Exercises:

- Prayer
- Journaling
- Serving someone else

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can more directly work on us in order to transform us into the image of His Son. It certainly is true when it comes to humility. But humility is not thinking less of yourself but thinking of yourself less. It is thinking more of Jesus.

EXERCISE:

Activity 1 (15 min):

Read Philippians 2:5-11. Jesus is the greatest person ever born. Yet, He humbled himself by emptying himself of his divine power and greatness. What does this reveal about the heart of Jesus? To what degree is Jesus interested in you becoming humble as He is (see Matt 11:29)? Today, let your prayer center on the humility of Jesus and your transformation to be humble as well. Record your thoughts in your journal.

The Truth:

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

Col 3:12

Activity 2 (15 min):

In your journal, write a brief description of your character. Are you quick to draw attention to yourself? Do you often become defensive when criticized? Are you on the path to humility?

Activity 3 (30 or more min):

Finally, take a new position as you pray today. In other words, get down on your knees or lay prostrate. Remain in this position for 15 minutes or more. How did you feel as you prayed like this? Record your experience in your journal.





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

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can more directly work on us in order to transform us into the image of His Son. It certainly is true when it comes to humility. But humility is not thinking less of yourself but thinking of yourself less. It is thinking more of Jesus.

EXERCISE:

Activity 1 (15 min):

One of the most humbling acts a person can do is that of confession. As part of your prayer time today, confess your sins directly to God. Be specific about your sins, express your sorrow, and ask God for forgiveness. Use your journal to facilitate your confession, if comfortable in doing so.

Activity 2 (15 min):

What often brings a sense of freedom and relief is confession of sin to someone you trust. Find someone who will listen to you without judgment, someone who will remind you of God's forgiveness. Let God work on you and trust that He will take care of all your needs.

Activity 3 (30 or more min):

The goal of confession is not just to admit wrongdoing but to grow in becoming like Jesus. He humbled himself to the point of death. Write in your journal the impact confession has had on you.





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 6:12

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can more directly work on us in order to transform us into the image of His Son. It certainly is true when it comes to humility. But humility is not thinking less of yourself but thinking of yourself less. It is thinking more of Jesus.

EXERCISE:

Activity 1 (15 min):

Take a moment to access your prayer life over the last 10 days. How has God transformed you and your prayers? What has He shown you about yourself? About Him? Give Him the glory.

Activity 2 (15 min):

Jesus often spent extended time for the purpose of prayer. Following His baptism and temptation in Matt 4, he spent time fasting and praying. Later he would spend the night in prayer. Schedule in your calendar an extended time for prayer. Look for a time in about 10-12 days, near the end of the 30-Day Challenge. Perhaps you start with a two hour period. Whatever the length, just get it into your calendar. Once scheduled, spend the next moment in prayer, asking God to use that upcoming time for prayer to continue His transformation of your heart.

Activity 3 (30 or more min):

How do you feel about spending extended time for the purpose of prayer? Does it make you feel somewhat proud? Remember, the reason for the extended time is due to need, your need for transformation. Write your thoughts in your journal. Keep your focus on becoming more like Jesus.





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

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.

SOLUTIONS

Spiritual transformation is spiritual, that is, it is a work of the Spirit within you. Keep seeking His power to do your part in the transformation process. He will not give up on you. Don't give up on Him.

EXERCISE:

Activity 1 (15 min):

Keep your prayer appointments for these two days. Maybe they can be incorporated into a prayer-walk in your neighborhood. Pray for your neighbors. Perhaps a part of that prayer is God opening a door for you to serve them. And the physical walk is just one way to help care for the temple which is your body.

Activity 2 (15 min):

Have your scheduled your extended prayer time? Good! Now, take a walk under a clear night-time sky. As you walk, listen closely. God is speaking in glorious ways. In fact, take along your spouse, a special friend, or a child. Listen to God as He shouts through His creation. "The heavens declare the glory of God; the skies proclaim the work of His hands." It would be only natural at this point to worship Him in prayer. Record your experience in your journal.

Activity 3 (30 or more min)

Look at your week ahead. Do you need to adjust your prayer schedule? Maybe moving it to a different time slot would be helpful. Regardless, adjust the duration to one hour. Don't worry about actually praying for one hour. Probably you have already begun to see how God can make your time with Him something you long for. Whatever, keep the habit going. Soon you will find yourself feeling compelled to pray because of your desire, not due to 30-Day challenge.





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.

Mark 4:39

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can move and speak. Learning to meditate on Scripture is life enriching as the Spirit uses the Word to transform us. For help on meditating, watch the video "Change Your Life - Learn To Meditate on the Words of God."

EXERCISE:

Activity 1 (15 min):

Begin your prayer time today on your knees. Hearing God when He speaks requires a sensitivity to the Spirit and His leading. Tell God of your desire to be able to hear Him when He speaks to you. Ask for open ears, open eyes, and an open heart.

Activity 2 (15 min):

Today, the focus in on engaging the Word of God by meditating on it. Choose a scripture like Psalm 23 or Mark 4:35-41. Read the passage several times. Let the words resonate in you. Ponder their meaning and listen to God's voice through them. What is God saying to you? Record your answer in your journal

Activity 3 (30 or more min):

If you read Mark 4:35-41, you saw where Jesus walked on water. When he commanded it, the water became "solid" under his feet. Take a moment to worship the Creator and Controller of water. Natural laws were make by Christ and alter at his bidding. Worship the King of Kings, the Lord of Creation. Take a moment to record your worship experience in your journal.





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....".

Eph 3:20

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can move and speak. This weeks focus is less on speaking to God and more on learning to listen to Him. This may be the toughest part of learning to incorporate prayer into our daily lives.

EXERCISE:

Activity 1 (15 min):

Begin your exercise today by telling God that you want to hear His voice, that you are open to Him and ready to receive. Center down in your mind and be open to all He might say.

Activity 2 (30 min):

Read out loud the entire book of Ephesians. Savor the words. What stands out to you. Write these down in your journal. Then, throughout the rest of the day, refer back to these words/verses. In your journal record how referring back to these have encouraged or helped you.

Activity 3 (30 or more min):

Ephesians 3:14-19 is a prayer which Paul prayed for his readers. Take the time to pray this same prayer but do so for yourself. In other words, you are using this prayer to pray for yourself. Make this a part of any prayer list you may keep. Continue to request of God greater experiences with His amazing love. Record your thoughts in your journal.





WEEK 3, DAY 3

Today's Spiritual Exercises:

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

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can move and speak. Engaging the Word, sometime even on a single word, is all that God needs to speak loudly to us.

EXERCISE:

Activity 1 (15 min):

Again, begin your prayer time today asking God for a sensitive heart. Request from Him a heart open to His way. Don't move beyond this exercise until you feel ready to receive from Him.

Activity 2 (15 min):

Read Eph 1:15 - 23 again. Read it several times if necessary. But this time focus on a word or phase that seems to jump out. Write this word or phrase in your journal. Get this fixed in your mind.

Activity 3 (30 or more min):

Now, with that word or phrase in your mind, give this back to the Lord. Tell Him to make this word/phrase come alive in you today. If you ask it, believe it. As you go throughout your day, anticipate how He might respond. Be looking for Him to answer. When he does, immediately respond with thanksgiving. Write of your experience in your journal.

Activity 4 (15 min):

Schedule in your calendar for tomorrow morning a one hour segment for prayer. Make it well before your normal awake time. Be prepared to rise early in order to speak with and listen to your Creator.

The Truth:

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

Eph 1:17





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."

Col 3:16 The Message

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can move and speak. Learning to depend upon God for all our needs, including the need to feel refreshed and energized following an early morning prayer event, is important.

EXERCISE:

Activity 1 (60 min):

During your one-hour prayer event, seek to speak and then to listen. In other words, after you have made a request known, pause to listen with the ears of your heart. What is God saying to you? What do you sense He wants you to do? What is your next request? Listen again for His response. Continue this cycle throughout your hour of prayer.

Activity 2 (15 min):

What were some of the things you prayed about? Did the Scripture of the previous days work their way into your prayer. If so, praise the Lord! What else has God spoken to you as you took the time to listen to Him?

Activity 3 (30 or more min):

Begin to think about any obstacle to prayer you have encountered over the last week or so. Have you noticed any consistent barrier? Record these in your journal and add its removal to your prayer list.





WEEK 3, DAY 5

Today's Spiritual Exercises:

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

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can move and speak. This weeks focus is less on speaking to God and more on learning to listen to Him. This may be the toughest part of learning to incorporate prayer into our daily lives.

EXERCISE:

Activity 1 (15 min):

You have spent much time in prayer over the last few weeks. You have probably prayed for others, too. Today, though, it is different. Spend part of your scheduled prayer time asking God to reveal to you someone you can pray for. Be persistent. That person or name may come in a surprise moment.

Activity 2 (15 min):

Once that person has been identified, contact them. In person is best but feel free to use the phone. In fact, if you can't be with them, consider a video call. All you will do during this time is pray for them. It may be a simple 5 minute call, it may be longer. The point is to prayer for them with the person present. Ask if there is anything specific you can pray. Be prepared for them to recipicate.

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

The Truth:

James 5:16

Activity 3 (30 or more min):

How did it go? Was the experience encouraging? Write your thoughts/feelings in your journal.





WEEK 3, DAY 6 & 7

Today's Spiritual Exercises:

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

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.

SOLUTIONS

Spiritual transformation starts, and continues, by placing ourselves in a position where God can move and speak. Spending an extended time in prayer is no small thing. It takes a desire to be transformed and a willingness to make the necessary sacrifices.

EXERCISE:

Activity 1 (15 min):

Your extended prayer time, or prayer retreat, is coming soon. Again, it is an extended time, perhaps two or more hours, where you will get away and spend that time in prayer. Continue to pray for this effort. Although the primary reason is transformation, the time segment is important to. Like an athlete, you are training your self to be a prayer-dependent follower of Jesus. Write in your journal your anticipated outcomes, what changes you hope to see in yourself.

The Truth:

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

James 5:16

Activity 2 (15 min):

During these two days, take the time to reflect on your growth and transformation. How has your prayer life changed? What has God revealed to you? Record your thoughts in your journal..





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."

Matt 6:17-18

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.

SOLUTIONS

Transformation into the image of Jesus requires discipline. It doesn't just happen. And like any athlete, when seeking to develop one area, it requires multiple disciplines or exercises. For instance, a cyclist will not only schedule fitness rides but will also discipline his or her food intake. Accordingly, you will incorporate fasting as part of your routine.

EXERCISE:

Activity 1 (15 min):

Jesus often engaged in both prayer and fasting simultaneously. You will do the same. Today, rather than taking the time to eat lunch, spend that time in prayer and reading the Word. Let the Word of God fill your soul. Have your journal with you and record your thoughts and experience.

Activity 2 (15 min):

Read the story of the temptations of Jesus in Matt 4:1-11. What role did fasting play in Jesus' resistance? Why is fasting difficult for many people? What role might fasting play in your efforts to be transformed into His likeness? Record your thoughts in your journal.

Activity 3 (30 or more min):

Schedule another fasting effort in the coming days. Let God work in you as you set aside your desire for food and replace it with a desire for Him to transform you.





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."

Psalm 103:1

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.

SOLUTIONS

Transformation into the image of Jesus requires discipline. It doesn't just happen. Another exercise you will participate in is worship. You have already experienced this but today's exercise is all about planning and preparing to worship God as you spend time with Him in prayer.

EXERCISE:

Activity 1 (15 min):

Worship often begins with gratitude. In your journal, make a list of 25-50 items for which you are thankful. It doesn't matter what they are: your car, spouse, upbringing, neighbor, job, church, friends, etc. Write them in your journal.

Activity 2 (15 min):

Using the list above, spend your prayer time today giving Him thanks for His blessings in your life. Make mention of each item. If other blessings come to mind, record those as well. Let the Spirit lead your heart.

Activity 3 (30 or more min):

Sing or listen to a song that resonates with you, that expresses thanksgiving or adoration to God.





WEEK 4, DAY 3

Today's Spiritual Exercises:

- Prayer
- Journaling
- Listening to God
- Memorization

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.

SOLUTIONS

Transformation into the image of Jesus requires discipline. It doesn't just happen. Jesus obviously spend time rigorously memorization Scripture. Todays exercise is designed to help you store the Word of God in your heart.

EXERCISE:

Activity 1 (15 min):

Find a scripture that resonates with you. There are many but Colossians 3:1-4, Philippians 3:8-9, Psalm 23, and Romans 8:28-39 are good starting points. Make your choice and then write that verse/verses in your journal. Seek the Lords help in memorizing His Word. For tips on memorizing scripture, click here.

Activity 2 (15 min):

On a 3x5 card or in a document in your phone, write down that same scripture. Keep it close to you or where you will see it often. Read it often. Schedule a text containing that scripture to be sent to you several times throughout the day. Expose yourself often to the Word you want to store in your heart.

Activity 3 (30 or more min):

Finally, verbally quote this verse while praying. Begin by thanking the Lord for His Word. May the Word of the Lord always be on our hearts!

The Truth:

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

Psalm 119:11





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."

Hebrews 13:16

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.

SOLUTIONS

Although prayer has been the primary focus of this 30-Day Challenge, we have incorporated several other traditional disciplines like fasting, memorization, and journaling. These are, along with a few others, are foundational disciplines and will always be part of our spiritual exercise routines. But there is one, what one author has called *detachment*, that is appropriate for modern man.

EXERCISE:

Activity 1 (15 min):

We live in a high tech world and sometimes that technology can become a hindrance to our spiritual development. Choose a day on which you will 'detach' from those devices which often distract us. For most of us, that is our phone. But it could be the laptop or desktop. Find which one on which you are most dependant.

Activity 2 (15 min):

Once chosen, give that device, if possible, to someone for safe keeping. At a minimum, turn it off and don't use it. Plan to spend the next 24 hours disconnected. Don't substitute another device. Go without. You may want to let others know of your 'detachment.' Again, seek the lead of the Spirit. Record in your journal your experience. Give this effort to God and let Him work in you.

Activity 3 (30 or more min):

Consider scheduling 'detachment' days in your calendar. You might find it brings new opportunities to focus on other things more in line with your becoming more like Jesus.





WEEK 4, DAY 5

Today's Spiritual Exercises:

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

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.

SOLUTIONS

The goal of the 30-Day Challenge has been the development of prayer as a daily discipline. But ultimately, it is about the transformation of the soul. And that is what your upcoming, extended time of prayer or Prayer Retreat is all about. Today, you will plan your Prayer Retreat.

EXERCISE:

Activity 1 (15 min):

Choose a place for your Prayer Retreat, away from your home or work where you can be alone. It might be at a nearby lake, in a friends house, or even a hotel room. Make certain you are free from distractions.

The Truth:

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

Romans 12:1

Activity 2 (15 min):

What do you say to God for two or more hours? This need not be your worry. Just be with Him. The Spirit will lead you. Be in the Word. Ask that He speak to your heart. If you have anxieties, give them to Him. Let Him know of your love and your desire to become like Jesus. Use your journal to record your insights, hearings, etc. If you need additional guidance, see the video here.

Activity 3 (30 or more min):

Record your experiences in your journal. As you can imagine, your journal will be a source of encouragement for the future. Let your heart race toward Jesus!





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."

Romans 12:1

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.

SOLUTIONS

Your 30-Day Challenge is near or at its end. Now is the time to look back in order to look ahead. Your journal will be a great resource for you as you think about the transformation God has brought into your life over the last 30 days.

EXERCISE:

Activity 1 (15 min):

Look in your journal and your entries over the last 30 days. As you examine them, what message or impression has cut the deepest into your soul? How has He changed you? Have you experienced Him in a new way? Do you find yourself thinking and actng more like Jesus?

Activity 2 (15 min):

Once finished with the above activity, write a thank-you letter to God. You are not going to share it with anyone unless you choose to do so. Be specific about how God has brought you to a new place in your walk with Jesus. Don't leave anything out. Record this prayer in your journal. If you are inclined to share it, send a copy to your coach or mentor, the one who helped you over the last 30 days. Please consider sending a copy to mark@allthingslikejesus.com.

Activity 3 (30 or more min):

Finally, look ahead at the upcoming weeks. Plan your prayer times and be devoted to them. Your life is changing and the more time you spend with Jesus the more you become like Him.