



Weekly Tracker

Track your spiritual progress!

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Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is.

[Romans 12:2, NLT]

These basic spiritual disciplines are “activities that help me gain power to live [my] life as Jesus taught and modeled it.”

—John Ortberg

Day of the Week	Time Spent in Prayer	Time Spent in Bible Reading and Devotion	Today I fasted...
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Positive Thoughts For Each Day

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday