Mental

BIBLE MEMORY

<table>
<thead>
<tr>
<th>Scripture/Verse</th>
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</thead>
<tbody>
<tr>
<td>John 15:13</td>
<td>Proverbs 4:23</td>
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<td>Luke 9:24</td>
<td>Isaiah 1:17</td>
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<td>Ephesians 6:11-20</td>
<td>1 Corinthians 13:6-7</td>
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<tr>
<td>Deuteronomy 31:6</td>
<td>2 Timothy 4:18</td>
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<tr>
<td>Isaiah 54:17</td>
<td>2 Timothy 2:3-4</td>
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<tr>
<td>Exodus 14:14</td>
<td>Nahum 1:7</td>
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READING

Scripture/Books that Develop Spiritual Growth
Read Scripture and books that develop spiritual growth as much as possible. Write in your daily journal what you have learned. We highly recommend *Proverbs*, *Psalms*, *John*, *A Tale of Three Kings*, *Fastened Like Nails*, *The Hidden Years of Nazareth*, *The Wild Goose Chase*, *Raising a Modern Day Knight*, *Reading Between the Lines*, and *When People Are Big and God Is Small*.

CREATIVITY

• Think of a creative way to share your testimony through story, art, music, poetry, or the spoken word.
• Design and build something practical and useful for your family.
• Create decorative notecards and include affirming Scriptural verses.
• Write a poem about your experience with putting on the full armor of God.
• Record an original stage play, screenplay, or audio drama that depicts what it means to be a soldier in the Lord’s Army.
Physical

EXERCISE
• Stretch for 10 min then do sit-ups and push-ups.
• Stretch for 10 min and then go for a run.
• Hold a plank position for as long as you can and then do some squats.
• Look up a new exercise and work on perfect form. Add it to your workout routine.

SERVICE
• Use spare time to write/send letters to men and women in the military.
• Learn a new skill to help someone (example: how to fix a leaky faucet).
• Learn about missionaries your church supports and do something special to meet their specific needs.
• Prepare care packages for the homeless, orphaned, and widowed.
• Does your community have a prison ministry? If so, see if you can be a part of putting together material that will help the inmates.
• Find someone in your church to minister to in a specific way.
• Partner with a sibling or friend to organize a food or toy drive, or host an event to raise money for missions.

Chores
• Organize the linen closet.
• Detail clean the family car.
• Look for a new chore to add to your list.
• Organize all of the kitchen cupboards/drawers (with supervision).
• Organize a cluttered space in your house, garage, or shed.
  • Train yourself to be a handyman/handywoman around the house so you can fix whatever’s broken.

Spiritual

APPLY
• Learn how to play a new instrument for worshiping the Lord.
• Get up early and watch the sunrise. Worship the Lord with song and spend time in prayer.
• Always carry Gospel tracts and notecards with Scripture verses. Give them away whenever you can.
• Always testify about what Jesus has done and is doing in your life! Speak about it to anyone and everyone.

STUDY
• Do a Bible study on corporate worship. Start with 2 Chronicles 20:21-22.
• Write a devotion or a Bible study lesson and share it in a group setting.
• Do a study on the word soldier. Look up this word in the dictionary and in the original Greek and Hebrew. Using a concordance, find all the references that use this word or a form of it. Read these passages in various Bible versions.

OBSERVE
• After learning about what it means to advance the kingdom of God, look for new ways to do it.
• Listen to a Fastened Like Nails podcast or a Life Transforming Seminar by Dr. Mark Hamby and apply what you learn.