

# SPIRITUAL PERFORMANCE PLAN



Plan #1

Name : SM

Religious Pref : Christian

Date : Today

Email : socom.mil

		Week 1	Week 2	Week 3	Week 4
DAY 1	<b>BELIEF</b>				
	Reading Reflection	Luke 1-3  **Pause APP begin 30 Days to Resilience	Luke 13-15  **How are you feeling?	Acts 1-3  **What are you Learning?	Acts 13-15  **What are you hearing from God?
DAY 2	<b>BEHAVIOR</b>				
	Gratitude  Savoring	***FlourshingAPP pg 7-10  Thankful? Slowdown Attend, appreciate!	Continue **M/E  **Mindful Awareness of Goodness	Continue **M/E ***FLapp  How has this experience been?	Continue **M/E ***FLapp  Are you growing? How?
DAY 3	<b>BELIEF</b>				
	READING  REFLECTION	Luke 4-6  **Continue Pause APP Daily	Luke 16-18  **What are you learning?	Acts 4-6  **What do you need?	Acts 16-18  **Morning/Evening
DAY 4	<b>BEHAVIOR</b>				
	Generosity  Service	**Continue Pause APP Daily  Do something for others.	Give a gift.  Do something to help.	Give a complement  Find a group to serve with	Find a need and fill it  Cont to serve
DAY 5	<b>BONUS</b>				
	Healthy Relationships  Fun	Luke 7-9 Call Family/Friends  Dinner/Game night	Luke 19-21 Focus on Spouse  Plan an event	Acts 7-9 Focus on Friends  Plan Event	Acts 19-23 Choose who to invite  Plan event

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<b>DAY 6</b>	<b>REST</b>  Prayer Walk  Reflect on Week	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
		Pray as you go APP ***Guided Prayer walk	Pray as you go APP ***Guided Prayer walk	Pray as you go APP ***Guided Prayer walk	Pray as you go APP ***Guided Prayer walk
		Look at ?s Below	Look at ?s Below	Look at ?s Below	Look at ?s Below
<b>DAY 7</b>	<b>Connect</b>  Religious Service  Friends	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
		Luke 10-12 Gather to Worship	Luke 22-24 Gather to Worship	Acts 10-12 Gather to Worship	Acts 24-28 Gather to Worship
		Connect & Encourage	Connect & Encourage	Connect & Encourage	Connect & Encourage

## Weekly Reflection 1-4

- What has been helpful?
  
- What has been hard?
  
- Prayer List
  
- Notes

## RESOURCES

- Books:**  
Bible, FlourishingApp booklet
- Web/Apps:**  
Pause App, PrayasUgo
- Music:**  
Worship/ Reflection
- Film:**  
Rightnowmedia/ the Chosen
- Key Practices:**
- Chaplain Contact:**  
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