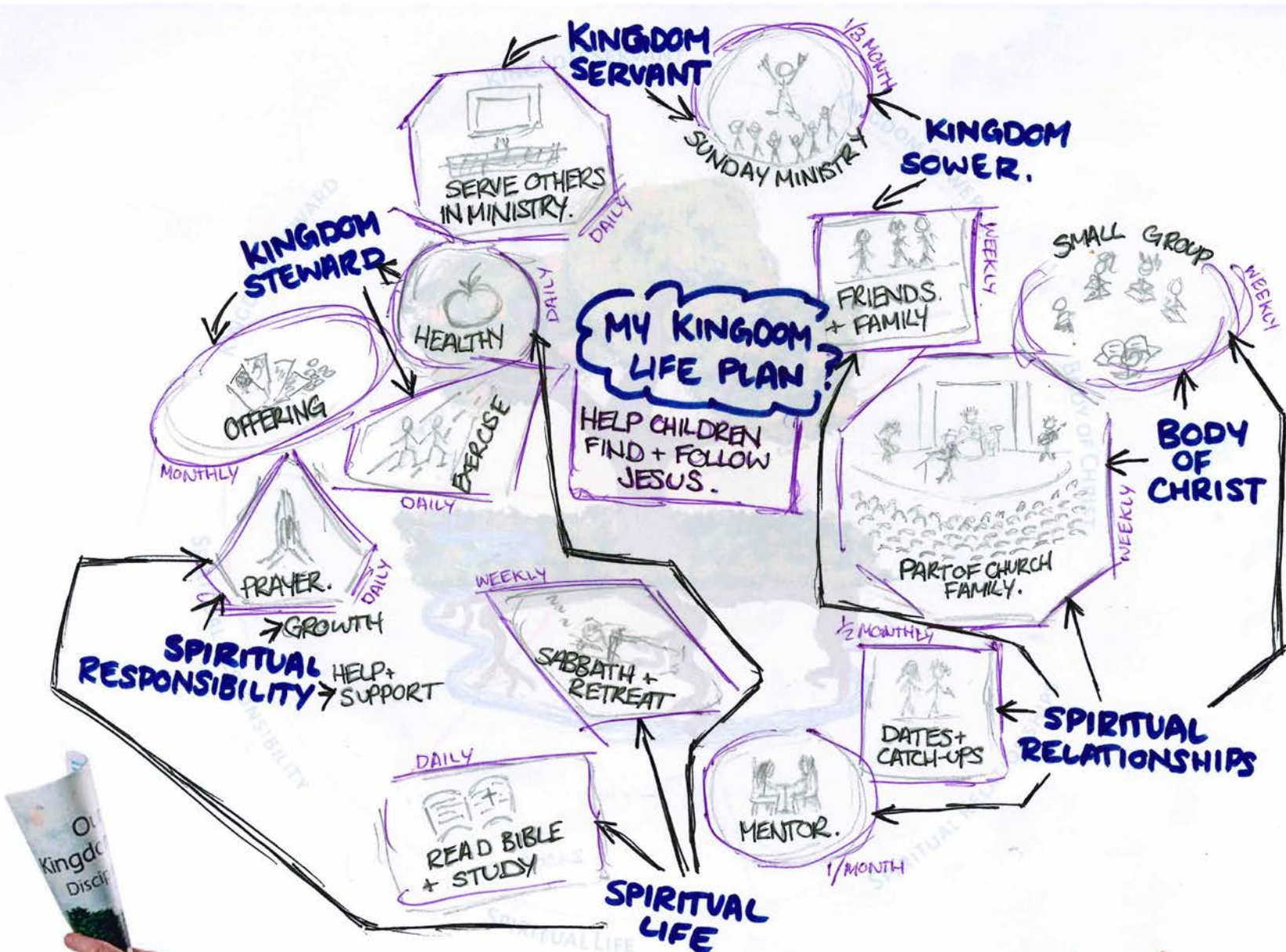


MY KINGDOM LIFE PLAN

My Personal Mission Statement:

Spiritual RESPONSIBILITY	Spiritual Life	Spiritual Relationships	The Body	Kingdom Sower	Kingdom Servant	Kingdom Steward (Resources)
Daily	-Morning chair time (Scripture & prayer) -Read books at night	-Pray with the boys at night -Eat dinner together as a family			-Do the dishes and take out the rubbish	-Drink 8 cups of water
Weekly	-Sabbath -Fast (Monday & Wednesday)	-Start the week with a Gratitude Email -Life Group	-Church -Prayer Together -The Gathering	-Pray for my Non-Christian friends and family	-focus on cleaning a room	-Tithe -Exercise 2-3 times a week
Monthly	-½ day retreat	-Date Night with Lea -fortnightly have people over for a meal		-attend school council meetings and encourage the staff		
Quarterly	-1 day retreat	-Mentor (John H)		-catch up with my mates		
Biannually		-Take annual leave				
Annually		-Boys out for breakfast on their Birthday				-C2C missions

1 Timothy 6:12



1 Timothy 6:12

KEN'S RULE

- Take a 24-hour Sabbath once a week
- Begin each day with Scripture and prayer
- Pray the *Examen* before going to sleep at night
- Run 2-3x a week, swim 2x a week
- Aim to be home by 5:15 p.m. each day, and to be home at least 4 evenings a week
- Fast on Thursdays
- Go on a date with my wife once every 2-3 weeks
- Meet with a spiritual director once a month
- Host people from different backgrounds in our home about once a month
- Take a yearly spiritual retreat with my mentoring group
- Take a yearly summer vacation with my family and spend New Year's in Japan with my wife's family
- Tithe to my local church and give to impoverished children and missions in the developing world to the point where we feel financially stretched

BRITTANY'S RULE

(Graduate student in her 20s)

On a daily basis I will:

- Spend time with God through Bible study, meditation or memorization, prayer or worship
- Focus on eating as healthy as possible (no wheat or dairy and minimal sugar) and getting at least 7 - 8 hours of sleep each night

On a weekly basis I will:

- Sabbath each Sunday
- Participate in church at the Sunday evening service and at young adults group on Monday night
- Spend quality time with my boyfriend (play and recreation, as well as time in prayer)
- Spend quality time with my best friend (play, exercise, and recreation)
- Exercise 3 - 4 times a week

On a biweekly or monthly basis I will:

- Spend quality time with my parents and brother
- Tithe
- Connect with my peer-mentor/spiritual friend
- Reflect on how I'm meeting my goals/living my rule and where I need to grow