

Week of Spiritual Fitness

Celebration Sunday - Spend time with family, day of rest, study your book of the Bible (see Resolutions), prayer

Meditations Monday - Establish a quiet time (prayer), memorize a weekly scripture verse

Triathlon Tuesday - Focus on prayer, Bible study and Fitness day

Walk in the Spirit Wednesday - Bible study on how to walk in the Spirit at *Prayer in Every City*

Throwback Thursday - Book recommendations from the "Old Guys" at *Prayer in Every City*

Fasting Friday - Learn about healthy eating habits, do a weight loss program as a fast to the Lord

School of Prayer Saturday - Tips on How to Study the Bible at *Prayer in Every City*