

7 Sacred Habits Exercise

Beginner's Week-by-Week Plan

Week 1: Practice the Continual Awareness of God's Presence

- Daily Routine: Set five daily reminders (morning, mid-morning, noon, mid-afternoon, evening) to stop for five minutes and focus on God's presence. Use the pulse-finding exercise to ground yourself and imagine God's presence with you.
- Reflection: Keep a journal to note moments when you felt God's presence or any distractions that made it difficult.

Week 2: Practice Short Simple Prayers throughout the Day

- Daily Routine: Develop prayer triggers linked to daily activities (e.g., waking up, meals, starting the car, brushing teeth). Keep the prayers short and simple, acknowledging God and your dependence on Him.
- Reflection: Reflect in your journal on the triggers that helped you remember to pray and any changes in your sense of connection with God.

Week 3: Practice Daily Surrender and Trust

- Daily Routine: Start each day by picturing yourself putting your worries in a "worry box" and giving it to God. Throughout the day, remind yourself to acknowledge God's sovereignty in every situation.
- Reflection: At the end of each day, note instances where you surrendered and trusted God, and reflect on how it influenced your peace and decision-making.

Week 4: Practice Mindful Breathing

- Daily Routine: Incorporate mindful breathing exercises (e.g., Box breathing) into your day, especially during moments of stress or anxiety. Combine this with meditative thoughts on God's presence and your connection to His Spirit.
- Reflection: Note any changes in your anxiety levels and overall well-being due to mindful breathing. Reflect on how this practice impacts your awareness of God's presence.

Week 5: Practice Reflective Breaks

- Daily Routine: Choose a verse for the day and take reflective breaks during meals or snack times to meditate on this verse. Use daily activities like walking or observing nature as opportunities to reflect on God's creation and presence.
- Reflection: Write about the insights you gain during these reflective breaks and how they deepen your understanding of God's Word.

Week 6: Practice Reading and Meditation in Scripture

- Daily Routine: Dedicate at least 15 minutes each day to reading and meditating on Scripture. Use journaling prompts to reflect on God's revelations, promises, and personal applications.
- Reflection: Track your progress and insights in your journal, focusing on how regular Bible reading influences your thoughts and actions.

Week 7: Practice Silent Meditation

- Daily Routine: Set aside time each day for silent meditation, using the parable of the quiet monk as a guide. Allow your mind to settle and clear, reflecting on God's presence and seeking His guidance.
- Reflection: Document the clarity and peace you experience from silent meditation, and any ways it helps you hear God's voice more clearly.

Advanced Week-by-Week Plan: Layered Integration Plan

Week 1: Practice the Continual Awareness of God's Presence

- Daily Routine: Set five daily reminders to stop for five minutes and focus on God's presence. Use the pulse-finding exercise and imagine God's presence with you.
- Reflection: Journal moments of awareness and distractions.

Week 2: Continue Awareness and Add Short Simple Prayers

- Daily Routine: Maintain the five daily reminders for God's presence. Introduce prayer triggers linked to daily activities.
- Reflection: Journal both awareness of God's presence and the impact of short prayers.

Week 3: Continue with Awareness, Prayers, and Add Daily Surrender and Trust

- Daily Routine: Keep practicing the first two habits. Each morning, visualize placing worries in a "worry box" and handing them to God.
- Reflection: Reflect on your daily surrender and trust experiences alongside the first two habits.

Week 4: Continue with Previous Habits and Add Mindful Breathing

- Daily Routine: Continue the first three habits. Introduce mindful breathing exercises, especially during stress.
- Reflection: Reflect on all habits practiced so far and the effects of mindful breathing.

Week 5: Continue with All Previous Habits and Add Reflective Breaks

- Daily Routine: Maintain the first four habits. Choose a verse for daily meditation during meals or reflective breaks.

- Reflection: Reflect on the chosen verse and its impact on your day, in addition to practicing the other habits.

Week 6: Continue with All Previous Habits and Add Reading and Meditation in Scripture

- Daily Routine: Keep practicing all previous habits. Dedicate 15 minutes daily to reading and meditating on Scripture.
- Reflection: Journal insights from Scripture reading and its influence on your thoughts and actions, while continuing to reflect on other habits.

Week 7: Continue with All Previous Habits and Add Silent Meditation

- Daily Routine: Continue all previous habits. Set aside time for silent meditation, using the parable of the quiet monk as a guide.
- Reflection: Document the clarity and peace from silent meditation, along with reflections on the integration of all seven habits.

Going Forward:

- Rotate focus: Spend a day each week focusing on one habit in depth.
- Combine habits: Integrate multiple habits into daily practices, such as combining mindful breathing with silent meditation.
- Personalize routines: Adjust the practices to your fit individual schedule and spiritual needs, ensuring the habits become a natural part of your daily life.