

5% Life Challenge

God Time: 1% Day (about 15 minutes spent daily in fellowship with God)

Gather Time: 1% Week (About 1.5 hours weekly gathering in worship with my church)

Group Time: 1% Month (About 7 hours a month consistently in community with a small group from my Church)

Go Time: 2% Year (About 7 days a year going on mission cross-culturally)

God Time

Psalm 1:2–3 (HCSB) “Instead, his delight is in the Lord’s instruction, and He meditates on it day and night. He is like a tree planted beside streams of water that bears its fruit in season and whose leaf does not wither. Whatever He does prospers.”

Some tips on how to establish a God time...

1. Begin your 15 minute God Time with prayer. Just a brief prayer for understanding as you prepare to read God’s Word.
2. Pause for meditation. Meditate on the meaning of your memory verse for the week.
3. Read the Scriptures. You may choose a Bible reading plan on the YouVersion Bible app, or grab one of the yearly Bible reading plans that FSBC will make available to you.
4. Write down what you feel that God is saying to you through the Scripture that you just read.
5. Write down what you are going to do with what you just felt that God, (through the Holy Spirit), said to you.
6. Spend time in prayer. (In the next section of this book is your prayer journal with instructions.)
7. Review memory verses. (You will find a list of memory verses at the back of this book.)

End your quiet time but maintain communication with God throughout the day in prayer.

Date: _____

Scripture _____

What God said to me:

What am I going to do about it:

Date: _____

Scripture _____

What God said to me:

What am I going to do about it:

Date: _____

Scripture _____

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Scripture _____

What God said to me:

What am I going to do about it:

Date: _____

Scripture _____

What God said to me:

What am I going to do about it:

God Time Prayer Journal

“I will remember the Lord’s works; yes, I will remember Your ancient wonders. I will reflect on all You have done and meditate on Your actions.” Psalm 77:11-12 (HCSB)

- 1. Find a quiet place for reflection and meditation.**
- 2. In the left column write down the date of your request. In the middle column write down the request.**
- 3. In the third column search for and write down a Scripture that you can claim and pray over the request.**
- 4. In the last (far right column) write down the date that God demonstratively answered your request.**
- 5. Remember the A.C.T.S. method in prayer:**
 - Adoration (take a moment and tell God you love Him and remember all He has done for you).
 - Confession (see Psalm 119:9,11)
 - Thanksgiving - Thank God for how He has provided for you in the past, His sustaining grace, and that He has heard you and He is more concerned about your request than you are. (1 John 5:14, John 15:7, Matthew 10:29-31)
 - Supplication - Ask. Ask God to answer the need that the Holy Spirit has laid upon your heart. Remember you are His child and the Bible invites us to call out to Abba (Daddy). (Philippians 4:13, Psalm 103:2, Romans 8:15)

Deuteronomy 4:9 (HCSB) “Only be on your guard and diligently watch yourselves, so that you don’t forget the things your eyes have seen and so that they don’t slip from your mind as long as you live. Teach them to your children and your grandchildren.

Matthew 20:32, (HCSB) “Jesus stopped, called them, and said, “What do you want me to do for you.”

Gather Time

“Hearing a sermon is not like hearing a lecture. It is your meeting with the living Christ. It is you seeing His glory, so that you can feel it and be changed by it. Let’s pay attention to Him and what He means a sermon to be, lest we miss Him.” - Ray Ortland

Some tips for sermon note taking...

1. Pray. Ask God to speak to you and help you to focus on what He may be saying to you.
2. Bring your Bible. (Don’t be afraid to mark it up when a Scripture is meaningful)
3. Bring a pen. I know it sounds crazy, but come prepared to write down in your journal what God is writing on your heart.
4. Don’t try to transcribe everything the pastor says. Concentrate on thinking about what He is saying, the sermons are usually online and can be listened to repeatedly if you are afraid you missed something. Remember the goal is communion with God, not detailed or beautiful notes.
5. Note other Scriptures the pastor uses and how it relates. It will convince you that the whole Bible tells one incredible story of redemption and grace.
6. Look up from time to time. Let the pastor see your face. Give your head a moment to catch up to what the Spirit may be saying to your heart.
7. Write down a one sentence summary of the sermon in your own words and what God may be leading you to do as a result.

Revisit your notes throughout the week in your God Time in order to remember what God may have instructed you.

How to Memorize and Keep a Verse

Psalm 119:11, (HCSB) “I have treasured Your word in my heart so that I may not sin against you.”

1. Begin early in the day to work on your verse. It will help focus your mind on Jesus throughout the day.
2. Ask God for help. God wants you to know His word so that you may spiritually mature.
3. Write down the memory verse. Create some memory cards to keep and review. Place them in your line of sight, such as the bathroom mirror, dashboard of your car, or at your desk.
4. Review each verse daily, start with one, then add one verse per week. Review each verse daily for 6 to 8 weeks until it is well engrained in your mind.
5. Memorize the reference along with the verse so you can remember where it is located.
6. Meditate on the verse. Pray about what God is saying to you, and ask God for wisdom in how you can use it.
7. Use the verse to encourage others as the opportunity arises.
8. Find a partner to review verses with you, so that way you can review together and hold each other accountable.

Scripture Memory Verses

New Creations in Christ

2 Corinthians 5:17
1 Corinthians 3:16
Romans 12:1-2

Assurance of Salvation

1 John 5:11-12
John 10:28-29
1 John 5:13
Isaiah 53:6

Lordship of Christ

Luke 9:23
2 Corinthians 5:15
Luke 6:46

Growing in Christ

John 15:5
1 Peter 2:2
2 Peter 3:18
Colossians 2:6-7

Prayer

Philippians 4:6-7
Matthew 21:22
John 16:24

Holy Spirit

Ephesians 5:18
1 Corinthians 6:19-20
Galatians 5:22-23

Faith

Hebrews 11:6
Romans 4:20-21
Proverbs 3:5-6

Victory in Christ

1 Corinthians 10:13
1 John 4:4
Hebrews 2:18

Forgiveness

1 John 1:9
Ephesians 4:32
Psalm 32:5
Romans 8:1

Fellowship with Others

1 John 1:3
Hebrews 10:24-25
Matthew 18:20

Witnessing

Acts 1:8
1 Peter 3:15
Romans 1:16
Ephesians 2:8-9

Discipleship

Matthew 28:19-20
2 Timothy 2:2
Matthew 24:14
Ephesians 4:11-12
Mark 4:8

Holy Behavior

1 Peter 1:15
1 Timothy 4:7b
John 14:15
Matthew 5:16
Philippians 3:7-8
Galatians 2:20

My Go Time

(Use this page to track your Go Time opportunities for this year)

Date _____ On Mission Activity _____

What I learned/experienced _____

Date _____ On Mission Activity _____

What I learned/experienced _____

Date _____ On Mission Activity _____

What I learned/experienced _____

Date _____ On Mission Activity _____

What I learned/experienced _____

Date _____ On Mission Activity _____

What I learned/experienced _____

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