



Plan for Spending Time Alone With Jesus

Structuring Your Focus With God This Month

If you are the kind of person who enjoys structure, then here is a helpful tool for keeping track of how you are spending time alone with God, how often you are spending time with Him, and what you are learning. A healthy devotional life includes both prayer and Scripture, so make sure that you're keeping a good balance between the two.

A helpful way to keep track: circle the days you spend time alone with Jesus.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The book(s) of the Bible I'm focusing on this month:

Some specific goals I'm focusing on in my relationship with Jesus this month:

A few things Jesus has been teaching me this month:

A list people and things to pray for:

For the campus:

1. _____
2. _____
3. _____

For myself:

1. _____
2. _____
3. _____

For my Life Group members:

1. _____
2. _____
3. _____

For Chi Alpha:

1. _____
2. _____
3. _____

For my friends and my family:

1. _____
2. _____
3. _____

For the world:

1. _____
2. _____
3. _____



Planning a weekly schedule for prayer can help you better manage your prayer life. The idea is simple: make a list of the things you want to pray for consistently, and then break your prayers up throughout the week. Take the prayer requests you listed above and divide them between each day of the week. So on Monday, maybe you pray for your family; Tuesday, you pray for your roommate; Wednesday you pray for your professors; and so on. Post the list somewhere you can find it or see it easily (i.e. front of Bible, journal, mirror). You should experience more peace and consistency in your prayer life!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday