

SPIRITUAL MAINTENANCE

FIRST THINGS FIRST

*But seek ye **first** the kingdom of God, and his righteousness; and all these things shall be added unto you. -Matthew 6:33*

IMPORTANT SPIRITUAL TIMES

- the **first** hour of your day (see reverse side)
- the **first** day of the week
- the **first** day/week of the month
- the **first** month of the year
- **any decision** that you must make

ADDITIONAL REFERENCES

1 Sam 1:19, 2 Chron 29:20, Job 1:5, Job 8:5-7, Psalm 57:8, Psalm 63:1, Psalm 108:2, Prov 8:17, Isaiah 26:9

TEN PERCENT RULE

And this stone, which I have set for a pillar, shall be God's house: and of all that thou shalt give me I will surely give the tenth unto thee. -Genesis 28:22

- 10% of your **income** (net) in tithing
- 10% of your **time** in prayer, study, worship (*approx 2.5 hours a day*)
- 10% of your **time** in fasting (*3 days a month*)
- 10% of your **talent** (*volunteer activities*)

ADDITIONAL REFERENCES

Psalm 37:26, Psalm 112:5, Prov 19:17, Luke 6:30, Luke 6:35, Luke 6:38, Eph 4:28

SOW GOOD SEED

But he that received seed into the good ground is he that heareth the word, and understandeth it; which also beareth fruit, and bringeth forth, some an hundredfold, some sixty, some thirty. -Matthew 13:23

GOOD SEED TYPES

- kind words
- kind deeds
- wise decisions
- patient preparation
- faithful duty

ADDITIONAL REFERENCES

Prov 3:5-6, Prov 16:24, Prov 28:20, Prov 30:25, Amos 4:12, Matthew 25:21, Matthew 25:23, Luke 16:12

RECOMMENDED MEDITATION SCHEDULE

set aside the first **1-1 1/2** hours every day in prayer and meditation, using the following schedule

ACTIVITY	STEPS	BENEFITS	EST TIME
PRAY (Psalm 75:1, Ephesians 1:16, Phil 4:6, 1 Thessalonians 5:17-18)	<p>give PRAISE/THANKS to the LORD for another day (Psalm 118:24)</p> <p>HUMBLE YOURSELF by acknowledging your unworthiness, iniquities, and those acts/deeds that were not pleasing in HIS Sight (Psalm 51)</p> <p>petition the LORD for FORGIVENESS from those acts/deeds acknowledged above (1 John 1:9)</p> <p>PRAY for others (1 Timothy 2:1-4)</p> <ul style="list-style-type: none"> your pastor your friends your church your enemies your family your co-workers local, national and international leaders the poor and destitute <p>ASK the LORD for the following (Matthew 7:7-8)</p> <ul style="list-style-type: none"> His Will His Grace wisdom strength love endurance patience motivation opportunity protection 	<ul style="list-style-type: none"> •keeps GOD FIRST •maintains your focus •keeps your "spiritual line" open 	20-30 min
MEDITATE (Joshua 1:8, Psalm 1:1-3, Psalm 143:5, 1 Tim 4:12-16)	<ul style="list-style-type: none"> •READ your BIBLE or daily devotional •THINK on the content •LISTEN for the voice of the Holy Spirit •WRITE DOWN what is revealed to you •PRAISE HIM for the revelation 	<ul style="list-style-type: none"> •provides the LORD the opportunity to speak to YOU •develops and preserves your inner peace, hope, and contentment •cultivates the godly disposition needed to face the upcoming day 	20-30 min
PREPARE (Exodus 15:2, 1 Sam 7:3, Job 11:13-19, Prov 30:25, Amos 4:12)	<ul style="list-style-type: none"> •review all activities that you will participate in today (work, school, worship, meetings, fellowships, etc.) •make a "TODO" list of all those personal activities that you must accomplish (i.e. bank, shopping, bill payment, etc.) •make a list of all promises that you have made recently to help or assist others •prepare a schedule that will efficiently and effectively accomplish all listed items 	<ul style="list-style-type: none"> •maintains your focus •preserves your "good name" •fosters a structured and disciplined daily spiritual regimen •develops the spiritual foundation required by those preparing for GOD'S WORK 	20-30 min

PERFORM those things listed/revealed!