

# Spiritually

- Daily: Prayer, Reading/Contemplation, Academic study
- Weekly: Corporate worship, Gratitude Journal, Accountability
- Monthly: Meet with Pierce group bi-weekly

# Vision

*Whom have I in heaven but you? And besides you, I desire nothing on earth. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, That I may tell of all Your works.*  
Psalm 73:25-28

## Relationally

- Daily: find way to encourage Jon and show him love
- Weekly: Accountability and community (Pierce Soulcare and 7 Mile Soulcare), Meet with a friend, Call a friend and catch up, Call families
- Monthly: Date night with Jon

## Rest and Recreation

- Weekly: Night alone with Jon
- Monthly: Game night (2x), Girls Night, Excursion with Jon (hike, swim, museum, etc)
- Annually: Visit family and Beth
- Daily: 1 hour of free time
- Weekly: Have a leisurely morning
- Quarterly: Read a book for fun

# Mission

*To live simply and intentionally for God. To love Him above all others and to serve those around me. To love the things He loves (justice, truth and charity) and to hate what He hates (sin, selfishness, pride)*

## Missionally

- Weekly: Open our home to others, prayer for unsaved family and friends
- Monthly: Invite someone to over for dinner
- Throughout the year: Engage the Crossfit community and get to know our neighbors

## Physically

- Weekly: Workout (2x)
- Daily: Go to bed early (10-11pm), Eat a healthy diet
- Weekly: Chiro adjustment