

October 2021

SPIRITUAL WORKOUT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 What do these verses say to you? You can use a journal to write out these verses, your thoughts, and your prayers.	28	29	30	1 Read James 3:14-17	2 Read Hebrews 12:2 <i>pray for your family</i>
3 Rest	4 Read 1 Peter 1:13-15	5 Read Proverbs 17:17 <i>invite a friend to watch Anchor at Home on Oct. 7th</i>	6 Read Galatians 6:4-5 1 Thess. 5:18	7 Read Proverbs 27:17 <i>Watch the Anchor at Home premiere at 7pm!</i>	8 Read John 9:5 Isaiah 1:17-18	9 Read Isaiah 49:6 Proverbs 13:9 <i>ask God for guidance in your life</i>
10 Rest	11 Read Galatians 6:7-10 <i>thank God for three things</i>	12 Read 1 Thess. 5:12-15	13 Read Matthew 5:13-16 <i>ask God to show you how you can be a light</i>	14 Read Psalms 9:1-2 Psalms 107:1	15 Read Ecclesiastes 4:9 Galatians 6:1-2 <i>pray for your friends</i>	16 Read Psalm 100:4 1 Cor. 15:57
17 Rest	18 Read 1 Thess. 5:23-24	19 Read Philippians 1:4-6 <i>name three people you're thankful for in your life</i>	20 Read Psalm 105:1-4	21 Read 2 Cor. 1:3-4 <i>ask God to comfort your and/or a friend</i>	22 Read John 13:34-35	23 Read Gal. 5:13-14 <i>reflect on what it means to "love your neighbor as yourself"</i>
24 Rest 31	25 Read Phil. 1:9-11 <i>pray that God's love will influence your actions</i>	26 Read Matt. 11:29-30	27 Read 2 Tim. 3:14-17 <i>reflect on the role of Scripture in your life</i>	28 Read 1 Peter 2:5 Galatians 2:16	29 Read Ephesians 2:8-10 <i>take a moment to journal or express gratitude for what God has done in your life</i>	30 Read Romans 1:17 Habakkuk 2:4