

SPIRITUAL FITNESS

Workout Plan in the Word

A Twelve-Level Spiritual Growth Program

**FOUNDATION + LEVEL 1
THE SPIRITUAL ASSESSMENT**

“Where Am I Now, and Where Is God Taking Me?”

Prepared for

Word Of Truth In Christ Church

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Welcome to Spiritual Fitness

The **Spiritual Fitness and Workout Plan in the Word** is designed to help believers examine their spiritual condition, identify areas needing strength, and develop consistent habits in Scripture, prayer, obedience, faith, and Christian living.

This is not a competition and advancement is not based on perfection. Each level invites honest participation, practical application, and a willingness to allow God to continue His work within us.

Program Purpose

- Assess our present spiritual condition through prayer and the Word of God.
- Identify spiritual burdens, habits, weaknesses, strengths, and areas for growth.
- Develop consistent spiritual disciplines that strengthen everyday Christian living.
- Replace sinful patterns and unhealthy thinking with biblical truth and obedience.
- Advance through monthly levels toward mature, faithful Kingdom service.

Theme Scripture

“For bodily exercise profiteth little: but godliness is profitable unto all things...”

1 Timothy 4:8 (KJV)

Biblical Foundation

Hebrews 5:12–14 — Developing spiritual maturity

1 Corinthians 9:24–27 — Practicing spiritual discipline

Romans 12:1–2 — Experiencing transformation through a renewed mind

James 1:22–25 — Exercising the Word through obedience

Ephesians 6:10–18 — Building strength in the Lord

Philippians 2:12–13 — Allowing God to work within us

Your Spiritual Fitness Vocabulary

Fitness Term	Spiritual Meaning
Spiritual Assessment	An honest examination of your present spiritual condition.
Start Weight	The sins, habits, fears, distractions, or burdens you presently carry.
Goal Weight	The Christlike character, discipline, and spiritual condition you desire to develop.
Spiritual Scale	A regular check-in that measures growth through prayer, reflection, and obedience.
Dietary Needs in the Word	The Scriptures and biblical truths needed to strengthen weak areas.
Daily Workout	A practical exercise involving Scripture, prayer, reflection, and action.
Truth and Sin Weight Loss	Releasing sinful patterns and replacing them with God's truth.
Strength Training	Developing faith, endurance, discipline, wisdom, and spiritual maturity.
Level Check	A monthly reflection that helps prepare you for the next level.

The Twelve-Level Training Journey

Each monthly lesson advances the participant to a new level while building upon the disciplines learned previously.

Month	Level	Monthly Lesson	Training Focus
September	1	The Spiritual Assessment	Identify your present condition and growth needs.
October	2	Feeding on the Word	Build consistent Bible study and application.
November	3	Strengthening the Prayer Life	Develop consistency, confidence, and endurance in prayer.
December	4	Removing Spiritual Weight	Release sin, unforgiveness, distractions, and burdens.
January	5	Renewing the Mind	Replace ungodly thinking with biblical truth.
February	6	Building a Strong Heart	Grow in love, forgiveness, compassion, and purity.
March	7	Exercising Faith	Trust God, confront fear, and act on His promises.
April	8	Spiritual Endurance	Remain faithful through trials, delays, and opposition.
May	9	Walking in Obedience	Move from hearing the Word to practicing it.
June	10	Using Your Spiritual Gifts	Recognize and responsibly use God-given gifts.
July	11	Spiritual Warfare Training	Recognize attacks and stand in God's armor.
August	12	Fit for Kingdom Service	Demonstrate maturity, leadership, and service.

Four Training Stages

Foundation Training | Levels 1–3: Assessment, the Word, and prayer

Transformation Training | Levels 4–6: Removing weight, renewing the mind, and strengthening the heart

Endurance Training | Levels 7–9: Faith, perseverance, and obedience

Kingdom Fitness Training | Levels 10–12: Spiritual gifts, warfare, leadership, and service

LEVEL 1

THE SPIRITUAL ASSESSMENT

Where Am I Now, and Where Is God Taking Me?

“Examine yourselves, whether ye be in the faith; prove your own selves.”

2 Corinthians 13:5a (KJV)

Month 1 Objective

To honestly identify your present spiritual condition, establish your starting point, and prayerfully set goals for growth.

My Spiritual Fitness Profile

Participant Name

Assessment Date

My reason for beginning this program

What I am asking God to develop in me

Opening Prayer

Father, search my heart and reveal my true spiritual condition. Give me courage to be honest, humility to receive correction, and faith to believe that You will complete the work You have begun in me. Help me release every weight and develop the discipline needed to grow through Your Word. In the name of Jesus Christ, Amen.

Assessment Instructions

1. Pray before answering each section.
2. Answer honestly based on your present life—not the person you hope others see.
3. Use the scale below without condemning yourself.
4. Identify one or two priority areas for this month.
5. Return to this assessment during the Level Check to recognize growth.

Spiritual Scale

Circle or highlight the response that most accurately describes your present consistency.

1 Needs Attention	2 Developing	3 Growing	4 Consistent	5 Strong
☐	☐	☐	☐	☐

Level 1: Spiritual Condition Assessment

Fitness Area	Assessment Statement	Score 1–5
Relationship with God	I intentionally seek God and desire His presence.	_____
Bible Study	I consistently read, study, and apply God’s Word.	_____
Prayer	I communicate with God regularly and listen for His direction.	_____
Obedience	I respond to God’s instructions even when obedience is difficult.	_____
Faith	I trust God’s character and promises when circumstances are uncertain.	_____
Worship	I honor God through praise, gratitude, surrender, and daily living.	_____
Forgiveness	I release offenses and pursue healing according to God’s Word.	_____
Thought Life	I recognize and replace thoughts that oppose biblical truth.	_____
Spiritual Discipline	I remain consistent even when I do not feel motivated.	_____
Christian Character	My words, choices, and relationships increasingly reflect Christ.	_____
Service	I willingly use my time and gifts to serve God and others.	_____
Spiritual Endurance	I remain faithful during trials, delays, and discouragement.	_____

My total score: _____ / 60

The score is a starting point for prayer and growth—not a label or judgment.

My Start Weight

What spiritual weight am I presently carrying? Prayerfully consider sins, habits, fears, distractions, offenses, unhealthy thought patterns, and burdens that interfere with growth.

A habit or pattern God is calling me to confront:

A fear, worry, or burden I need to surrender:

An offense or relationship issue requiring forgiveness or healing:

A distraction that regularly takes time away from God:

A truth I already know but have struggled to obey:

My Goal Weight

Describe the spiritual condition and Christlike character you desire God to develop. Choose goals that can be practiced, observed, and revisited.

By the end of Level 1, I want to become more consistent in:

The character quality I want God to strengthen is:

The spiritual discipline I will practice is:

The relationship or life area I will approach differently is:

One act of obedience I will complete is:

My Dietary Needs in the Word

Select Scripture that directly nourishes the areas God has revealed. Read, pray, write, and practice these truths throughout the month.

Growth Need	Scripture	Truth to Remember	Action to Practice

Suggested Starting Scriptures

- Psalm 139:23–24 — Invite God to search and lead you.
- Hebrews 12:1–2 — Lay aside every weight and run with endurance.
- Romans 12:1–2 — Present yourself to God and renew your mind.
- James 1:22–25 — Become a doer of the Word.
- Philippians 1:6 — Trust God to complete His work in you.

My Level 1 Training Commitment

- ☐ I will approach this assessment with honesty and without condemnation.
- ☐ I will spend intentional time in Scripture and prayer each week.
- ☐ I will complete my daily workouts and evening check-ins as consistently as possible.
- ☐ I will practice at least one act of obedience connected to my growth goal.
- ☐ I will record progress, struggles, and victories honestly.

Participant Signature: _____ **Date:** _____

Weekly Spiritual Scale Check-In

Duplicate or revisit this page at the end of each week during Level 1.

Reflection Prompt	My Response
Week / Dates	
Scripture that strengthened me	
A victory I experienced	
A struggle or weight I noticed	
An act of obedience I completed	
What God revealed to me	
My focus for next week	

LEVEL 1 • WEEK 1

Search Me, O God

Honest spiritual examination

KEY SCRIPTURES

Psalm 139:23-24; 2 Corinthians 13:5; Lamentations 3:40

Weekly Teaching

Spiritual growth begins with truth. Before we can strengthen an area, we must allow God to show us its present condition. This assessment is not an invitation to shame; it is an invitation to healing, correction, and maturity.

David asked God to search his heart because the Lord sees beyond outward behavior. During this week, we will slow down, listen, and examine our relationship with God, our spiritual habits, our thoughts, and the fruit produced by our daily choices.

Training Truths

- Invite God into the assessment instead of relying only on personal opinion.
- Separate conviction, which leads toward God, from condemnation, which pushes us away from Him.
- Measure spiritual condition by the Word of God rather than comparison with others.
- Record both strengths and weaknesses so that growth remains honest and balanced.

Weekly Prayer

Father, search me completely. Reveal what is healthy, what is weak, and what must change. Give me grace to receive truth and courage to respond in obedience. In Jesus Christ's name, Amen.

Invite God to Search Me

MORNING WARM-UP • READ AND PRAY

Psalm 139:23-24

Word Workout

Reflection: What might I overlook about myself unless God reveals it?

Action Exercise

Pray Psalm 139:23-24 slowly. Sit quietly for five minutes and record what comes to your attention.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Did I welcome God's truth today, or resist it?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Examine the Faith

MORNING WARM-UP • READ AND PRAY

2 Corinthians 13:5

Word Workout

Reflection: What evidence shows that my faith is active in everyday life?

Action Exercise

Write three ways your faith affects your choices and one area where it needs to become more active.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Where did my conduct agree with what I believe?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Review My Ways

MORNING WARM-UP • READ AND PRAY

Lamentations 3:40

Word Workout

Reflection: Which repeated choices are helping or hindering my spiritual growth?

Action Exercise

Review yesterday from morning to night. Mark one life-giving habit and one habit needing change.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What pattern became clearer today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Check the Fruit

MORNING WARM-UP • READ AND PRAY

Galatians 5:22-23

Word Workout

Reflection: Which fruit of the Spirit is visible in me, and which needs cultivation?

Action Exercise

Choose one fruit of the Spirit to practice intentionally in every interaction today.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What fruit did others receive from me?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Examine My Words

MORNING WARM-UP • READ AND PRAY

Matthew 12:34-37; Ephesians 4:29

Word Workout

Reflection: What do my words reveal about the condition of my heart?

Action Exercise

Pause before speaking. Replace one negative, careless, or harmful statement with words that give grace.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Did my words strengthen or weaken others today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Examine My Priorities

MORNING WARM-UP • READ AND PRAY

Matthew 6:33

Word Workout

Reflection: What receives my best time, attention, and energy?

Action Exercise

Review how you spend a normal day. Identify one adjustment that will place God's Kingdom first.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What did my choices show that I value most?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Receive Truth Without Condemnation

MORNING WARM-UP • READ AND PRAY

Romans 8:1; Hebrews 4:16

Word Workout

Reflection: Can I acknowledge weakness while still approaching God with confidence?

Action Exercise

Thank God for every truth revealed this week. Write one sentence of hope for each priority growth area.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What truth will I carry into Week 2?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

LEVEL 1 • WEEK 2

Laying Aside Every Weight

Identifying spiritual burdens and hindrances

KEY SCRIPTURES

Hebrews 12:1-2; Ephesians 4:22-24; 1 John 1:9

Weekly Teaching

After assessment comes identification. Hebrews distinguishes between sin and every weight. Some things are clearly sinful; others may not be sinful by themselves but still slow our obedience, weaken our focus, or consume strength that belongs to God's purpose.

This week is designed to identify the Start Weight we are carrying. We will examine sin, fear, unforgiveness, distractions, thought patterns, and relationships. We do not release these weights through willpower alone. We confess, surrender, replace, and continue walking with the help of the Holy Spirit.

Training Truths

- Name the weight honestly before attempting to remove it.
- Recognize the trigger, belief, or environment that helps the pattern continue.
- Confess sin and receive God's forgiveness without hiding or excusing it.
- Replace removed patterns with Scripture, prayer, wise boundaries, and obedient action.

Weekly Prayer

Lord, show me every weight that interferes with Your will. Help me confess what is sinful, surrender what is burdensome, and establish new patterns that honor You. In Jesus Christ's name, Amen.

Name the Weight

MORNING WARM-UP • READ AND PRAY

Hebrews 12:1-2

Word Workout

Reflection: What repeatedly slows my spiritual progress?

Action Exercise

Complete the Start Weight worksheet. Circle the one weight that needs immediate attention.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. When did this weight affect me today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Confess and Receive Cleansing

MORNING WARM-UP • READ AND PRAY

1 John 1:9; Proverbs 28:13

Word Workout

Reflection: Is there anything I have minimized, hidden, or excused?

Action Exercise

Confess specifically to God. Write the biblical truth that assures you of His forgiveness and cleansing.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Did I respond to conviction with honesty?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Release Fear and Worry

MORNING WARM-UP • READ AND PRAY

Philippians 4:6-8; 1 Peter 5:7

Word Workout

Reflection: Which concern am I carrying as though God cannot handle it?

Action Exercise

Write the concern, turn it into a prayer, and list one true and praiseworthy thought to rehearse.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. How did surrender affect my peace?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Practice Forgiveness

MORNING WARM-UP • READ AND PRAY

Ephesians 4:31-32; Colossians 3:13

Word Workout

Reflection: Which offense continues to occupy emotional and spiritual energy?

Action Exercise

Tell God honestly what hurt. Choose forgiveness as an act of obedience and pray for healing and wise boundaries.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Did resentment direct any response today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Remove Distractions

MORNING WARM-UP • READ AND PRAY

Luke 10:38-42

Word Workout

Reflection: What repeatedly crowds out time with God?

Action Exercise

Create one distraction-free period for Scripture and prayer. Silence or move anything that competes for attention.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What changed when I protected time with God?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Take Off the Old Pattern

MORNING WARM-UP • READ AND PRAY

Ephesians 4:22-24

Word Workout

Reflection: What old response must be replaced, and what new response should take its place?

Action Exercise

Write a three-part plan: put off the old behavior, renew the thought, and put on a Christlike action.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Which response did I practice today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Run with Endurance

MORNING WARM-UP • READ AND PRAY

Hebrews 12:1-3

Word Workout

Reflection: What will help me continue when change feels slow?

Action Exercise

Choose one boundary, one Scripture, and one supportive person or accountability practice for the coming week.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What weight am I committed to keep laying aside?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

LEVEL 1 • WEEK 3

Building My Goal Weight

Setting biblical goals and receiving nourishment from the Word

KEY SCRIPTURES

Philippians 3:12-14; Romans 12:2; 2 Timothy 3:16-17

Weekly Teaching

Spiritual assessment must lead to a clear direction. Goal Weight describes the Christlike character, discipline, and spiritual condition we are prayerfully pursuing. The goal is not self-perfection; it is faithful cooperation with God's transforming work.

God's Word supplies the truth needed for every area of weakness. During this week, we will connect each priority need to Scripture, create practical goals, and establish small habits that can be repeated. Consistency in a small act of obedience can become spiritual strength over time.

Training Truths

- Choose goals rooted in Scripture rather than appearance, pressure, or comparison.
- Make goals specific enough to practice and review.
- Match each growth need with biblical truth—your Dietary Needs in the Word.
- Build repeatable habits that support prayer, Scripture, obedience, and Christian character.

Weekly Prayer

Father, establish Your goals in me. Nourish every weak area through Your Word and teach me to practice truth consistently. Give me focus, patience, and a desire to become more like Christ. Amen.

Press Toward the Goal

MORNING WARM-UP • READ AND PRAY

Philippians 3:12-14

Word Workout

Reflection: What spiritual growth is God calling me to pursue next?

Action Exercise

Complete the Goal Weight worksheet and select one primary goal for the remainder of Level 1.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Did today's choices move me toward my goal?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Make the Goal Biblical

MORNING WARM-UP • READ AND PRAY

Romans 8:29; Colossians 3:12-14

Word Workout

Reflection: How does my goal reflect the character of Christ?

Action Exercise

Find one Scripture that defines the character or discipline you want to develop. Write it in your own words.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Where did I have an opportunity to reflect Christ?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Renew the Mind

MORNING WARM-UP • READ AND PRAY

Romans 12:2

Word Workout

Reflection: Which thought must change for my behavior to change?

Action Exercise

Write the old thought, the biblical truth that replaces it, and the action that agrees with the truth.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Which thought influenced me most today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Prepare My Spiritual Diet

MORNING WARM-UP • READ AND PRAY

2 Timothy 3:16-17; Matthew 4:4

Word Workout

Reflection: What truth does my weakest area need regularly?

Action Exercise

Add at least three Scriptures to the Dietary Needs in the Word worksheet.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Which Scripture nourished me today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Build a Repeatable Habit

MORNING WARM-UP • READ AND PRAY

1 Timothy 4:7-8

Word Workout

Reflection: What small discipline can I practice consistently?

Action Exercise

Choose a time, place, and minimum action for one daily spiritual habit. Complete it today.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What made the habit easier or harder?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Practice What I Learn

MORNING WARM-UP • READ AND PRAY

James 1:22-25

Word Workout

Reflection: Am I collecting truth without putting it into action?

Action Exercise

Turn today's Scripture into one visible action. Complete the action before the day ends.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What changed because I acted on the Word?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Celebrate Progress with Humility

MORNING WARM-UP • READ AND PRAY

Zechariah 4:10; Philippians 1:6

Word Workout

Reflection: What small evidence shows that God is working in me?

Action Exercise

List three signs of progress and thank God for each. Identify one next step without criticizing yourself.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. How will gratitude strengthen my consistency?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

LEVEL 1 • WEEK 4

From Assessment to Action

Practicing obedience and preparing to advance

KEY SCRIPTURES

James 1:22-25; Philippians 2:12-13; John 15:4-5

Weekly Teaching

The purpose of assessment is transformation. Knowledge of our condition becomes fruitful when it produces repentance, renewed thinking, disciplined habits, and obedient action. This final week brings together what God revealed and what we have practiced.

Advancement does not mean every weakness has disappeared. It means we can identify our condition honestly, respond to God, use the Word as nourishment, and continue growing. We will review our Spiritual Scale, recognize progress, strengthen accountability, and prepare for Level 2: Feeding on the Word.

Training Truths

- Turn one revealed truth into a completed act of obedience.
- Review progress without pride, denial, or condemnation.
- Establish accountability and support for areas that remain difficult.
- Carry one spiritual discipline forward into the next level.

Weekly Prayer

Lord, help me move from hearing to doing. Work in me both to desire and to perform Your good pleasure. Strengthen what has begun and prepare me to continue growing through Your Word. In Jesus Christ's name, Amen.

Become a Doer

MORNING WARM-UP • READ AND PRAY

James 1:22-25

Word Workout

Reflection: Which instruction from this month still requires action?

Action Exercise

Choose one unfinished act of obedience and take the next concrete step today.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What did obedience teach me?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Depend on God's Work Within

MORNING WARM-UP • READ AND PRAY

Philippians 2:12-13

Word Workout

Reflection: Where have I tried to change without depending on God?

Action Exercise

Begin your workout with surrender. Ask God for both the desire and the strength to obey.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Where did I notice God's help today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Abide for Lasting Fruit

MORNING WARM-UP • READ AND PRAY

John 15:4-5

Word Workout

Reflection: Am I pursuing results without remaining connected to Christ?

Action Exercise

Protect an unhurried period to remain with Christ in Scripture, prayer, worship, and silence.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today.

Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What fruit came from abiding rather than striving?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Strengthen Accountability

MORNING WARM-UP • READ AND PRAY

Ecclesiastes 4:9-10; Galatians 6:2

Word Workout

Reflection: Where would support help me remain consistent?

Action Exercise

Identify a trustworthy person or ministry structure for prayer and accountability. Prepare what you need to share.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. Did I hide, isolate, or reach for support today?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Recheck the Spiritual Scale

MORNING WARM-UP • READ AND PRAY

Psalm 77:11-12

Word Workout

Reflection: What has changed since my first assessment?

Action Exercise

Retake the Spiritual Condition Assessment. Compare scores prayerfully and record growth, unchanged areas, and new insight.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What evidence of God's work encouraged me?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Complete the Level Check

MORNING WARM-UP • READ AND PRAY

2 Corinthians 13:5; Psalm 26:2

Word Workout

Reflection: What must I acknowledge before advancing?

Action Exercise

Complete the Level 1 Check and Completion Declaration. Be honest about progress and continuing needs.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What truth summarizes Level 1 for me?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Prepare to Feed on the Word

MORNING WARM-UP • READ AND PRAY

Colossians 3:16; Psalm 119:105

Word Workout

Reflection: What will help the Word dwell richly in me during Level 2?

Action Exercise

Choose a regular Bible-study time, a reading location, and the materials you will use for Level 2.

Prayer Focus

Father, help me understand Your Word, receive Your correction, and practice this truth faithfully today. Strengthen me through Your Holy Spirit and produce Christlike fruit in my life. In Jesus Christ's name, Amen.

Evening Check-In

1. What discipline am I carrying into the next level?

2. What victory, struggle, or revelation should I record?

3. What will I carry forward tomorrow?

Level 1 Check: Preparing to Advance

Complete this reflection at the end of the month. Advancement reflects honest participation, growth, and willingness to continue—not perfection.

1. What did God reveal about my present spiritual condition?

2. Which spiritual weight became clearer during this level?

3. What progress did I make toward my Goal Weight?

4. Which Scripture became part of my spiritual diet?

5. What act of obedience produced the greatest change?

6. Where do I still need prayer, accountability, or support?

7. What discipline will I carry into Level 2?

Level 1 Completion Declaration

I have honestly examined my spiritual condition. I will not be condemned by what God revealed, and I will not ignore His direction. I believe the Lord is working in me, strengthening me through His Word, and preparing me to advance. I will continue laying aside every weight and pursuing spiritual maturity through Jesus Christ.

Participant Name: _____

Signature: _____ Date: _____

Level 1 Completion

FOUNDATION TRAINING • SPIRITUAL ASSESSMENT

Ready to Advance to Level 2: Feeding on the Word

Program Development Note

Level 1 now includes four weekly lessons, 28 daily workouts, evening check-ins, and the monthly Level Check. Level 2 will be added as the next workbook section.