



UNPLUGGED 30 Day and 60 Day Plan | With every accomplishment check the box on the 30/60 check list

Monday Day One – Wednesday Day Ten:

1. Reading

- o Each day carve out no less than 15 minutes to dedicate to reading. On Sunday decide what Gospel (Matthew, Mark, Luke, John or Acts) you are going to read and begin with Proverbs Chapter one.
- o Utilize a journal to write down key scriptures that pertain to you and take some time to be still and hear what God may have to say to you about the text.
- o Choose a time of day to dedicate to reading and stay discipline in making sure you meet God everyday at that time to read and be open to him.

2. Meditation

- o Depending on your void or fears choose two scriptures to meditate on from the mini scripture book (WWM3 Book). Once you have chosen your scriptures take time to research them and to see how you can apply them into your life.
- o Take 5 minutes or so after your daily reading each day to look over the scriptures on a note card and practice it until you memorize it and throughout your day when you are attacked with thoughts of your fears or void re read those scriptures out loud and make it personal.

3. Worship and Prayer

- o Find a platform such as Spotify, Pandora, or iTunes to develop a worship playlist and choose 3 to 7 songs you know for sure connects you quickly to God and into worship. Utilize this time early in the morning or right when you get up because it's always best to start your day with the one who started your day. Find a quiet place at home or if there is a path near your house take a walk with God with your iPod or MP3 player.
- o Check out the 30/60 Prayer plan and begin to fill out what/ who you will pray for each day and start Sunday with praying for the week ahead and asking God for favor and wisdom for your week ahead as well as taking some time to reflect on those areas that you could improve on. Remember to follow this formula: Rejoice Repent, Request, and Retaliate.

4. Entertainment and Relaxation

- o Choose two days within the 10 days to dedicate 30 to 2 hours to some form of entertainment whether it is going to the movies, a play etc as well as dedicate a day to nothing but resting and casual activities. Having a day to rest is important it gives you time to detox your spirit soul and body and prepares you for the next week. "If you don't take a Sabbath or a day of rest your health will force you to take one"

5. Accountability and Friendships

- o On Sunday choose a day in the week to sit down with a close friend (a friend you can trust) and go over your goals and your 30 day or 60 day plan. After your meeting pick a day to sit down with that individual and go over your progress.

6. Recreation and exercise

- o Choose 4 days each week to dedicate to recreation and exercise. On Sunday decide which four days you would like to dedicate to exercise. You can choose every other day or multiple days in a row you

decide depending on your schedule. This week choose your days and aim to do no less 30 days starting out.

- o Utilize the free workouts on bodybuilding.com

7. Healthy Eating

- o This upcoming weekend take some time to look at your current eating style and assess where you can cut back on poor eating and where you can boost up good eating. And on each Sunday take some time to prepare your meals
- o Take away one bad eating habit for the next 10 days

Day Eleven – Day Twenty

1. Reading

- o Increase your reading or listening time an extra 15 minutes. You can utilize the dramatized audio playlist from YouTube during this time as well
- o Continue to use your journal to jot down the things the Holy Spirit reveals to you during this time. After the last 10 days the revelation should be increasing
- o Seek to post what has been revealed on your social media or feel free to keep it private but for sure keep a record.

2. Meditation

- o Choose 2 new scriptures to memorize; focused on your area of need. Feel free to choose from the scripture book attached
- o Dedicate 10 minutes after your daily reading to looking over these two scriptures and when needed speak these out loud in moments when you are weary or are tempted to doubt.

3. Worship and Prayer

- o Continue what was suggested within the last 10 days just increase your prayer time another 15 to 25 minutes

4. Entertainment and Relaxation

- o Choose three days to focus on rest and entertainment. This week go out with a small group and go somewhere relaxing. Also during these 10 days pick a day to plan a trip either alone or with someone local or away even you are traveling local get a hotel room to just getaway and be quiet before God and enjoy some time to yourself.

5. Accountability and Friendships

- o Meet with your accountability partner to go over your progress.

6. Recreation and Exercise

- o Continue with what was suggested the previous 10days.

7. Healthy Eating

- o Continue to plan your healthy meals each Sunday and during these next 10 days aim to remove fast food from your diet completely and replace those meals

Day Twenty One – Day Thirty

1. Reading

- o Keep your reading/ listening time at a minimum of 30 minutes. Even if you finished your Gospel re read it again until your 30 days are up. Continue to read a proverb a day and continue to journal everything and compare your notes to your earlier notes and see how much more understanding you have gathered.
- o Keep digging deeper into God's word and feel free to branch out into other scriptures and books

2. Meditation

- o Choose 2 new scriptures and continue to memorize them. If two is too much feel free to memorize just one
- 3. Worship and Prayer
 - o Continue what was suggested within the last 10 days just increase your prayer time another 5 to 10 minutes. Feel free to increase your prayer list and be open to the leading of the Holy Spirit as you pray.
- 4. Entertainment and Relaxation
 - o Continue with the two days of relaxation and entertainment making sure you leave one of those days for complete rest. This week go out again with a small to medium size group and enjoy yourself laugh and stay out late. Make sure to stay safe though.
 - o Finalize your plans to travel and get away
- 5. Accountability and Friendships
 - o Meet with your accountability partner to go over your progress.
- 6. Recreation and Exercise
 - o Continue with what was suggested the previous 10days.
- 7. Healthy Eating
 - o Continue to plan your healthy meals each Sunday and during these next 10 days aim to remove not just fast food from your diet but also begin to increase the meals you cook.

Day Thirty One – Day Forty

- 1. Reading
 - o Time to switch your Gospel book choose another gospel today and continue to journal.
 - o Keep your reading/ listening time at a minimum of 30 minutes (These times do not have to be all at once you can divide the time throughout your day).
 - o Add Psalms 91 to your reading this week and print out this powerful chapter and place it somewhere where you frequent in your home and let this be a reminder to you of God's protection over you.
- 2. Meditation
 - o Choose 2 new scriptures to meditate on focusing on scriptures of faith and joy. Utilize the book for scriptures if need be.
- 3. Worship and Prayer
 - o Continue what was suggested within the last 10 days just increase your prayer time another 5 to 10 minutes. Feel free to increase your prayer list and be open to the leading of the Holy Spirit as you pray.
 - o Feel free to take your prayer time outdoors one or two days this week on a trail or greenway.
- 4. Entertainment and Relaxation
 - o Continue with the two days of relaxation and entertainment making sure you leave one of those days for complete rest.
 - o This week take the trip you have been planning.
- 5. Accountability and Friendships
 - o Meet with your accountability partner to go over your progress.
- 6. Recreation and Exercise
 - o Continue with what was suggested the previous 10days.
- 7. Healthy Eating
 - o Continue with what was suggested in the last 10 days. Keep Pushing!

Day Forty one – Day Fifty

- 1. Reading

- Keep your reading/ listening time at a minimum of 30 minutes. Even if you finished your Gospel re read it again until your 30 days are up. Continue to read a proverb a day and continue to journal everything and compare your notes to your earlier notes and see how much more understanding you have gathered.
- Add the book of James to your reading and journal the wisdom you receive in this book.
- 2. Meditation
 - Keep meditating on scriptures of faith no need to memorize just venture out in meditating on scriptures on faith and joy and let God lead you in the process
- 3. Worship and Prayer
 - Open yourself up to fast one day this week from 6pm to 6pm the next day (From food, social media, or whatever God leads you) and dedicate that time to praying fasting, reading and just complete dedication to God. Of course you can leave the house and run errands but while at home dedicate your time to God. Choose a day when you don't have to work.
- 4. Entertainment and Relaxation
 - After the day you fast dedicate either that day or the day afterwards to treat yourself to a movie, a play or something you enjoy.
- 5. Accountability and Friendships
 - Meet with your accountability partner to go over your progress.
- 6. Recreation and Exercise
 - Continue with what was suggested the previous 10days.
- 7. Healthy Eating
 - Continue with what was suggested in the last 10 days. Keep Pushing!

Day Fifty One – Day Sixty

You are at the 50 day marker. Ahead of you is the last 10 days of the 60 day plan but the beginning to the rest of your life. Your insecurities should be obsolete and if not; the deeper the issue the deeper the prayer and fasting needed to overcome it. If things are still severe seek higher counsel with your pastor etc. but if you have taken the time to engage with this plan your whole person should be invigorated and rejuvenated. These last 10 days are going to be amazing let's end this plan strong

- 1. Reading
 - Keep your reading/ listening time to a minimum of 30 minutes. Even if you finished your Gospel re read it again until your 30 days are up. Continue to read a proverb a day and continue to journal everything.
 - Begin to add Roman's to your reading plan.
- 2. Meditation
 - Take some time either during your reading time or after it to meditate on Romans Chapter one
- 3. Worship and Prayer
 - During these last 10 days completely remove yourself from Social media and dedicate extra time with God and to prayer.
- 4. Entertainment and Relaxation
 - Continue with your two days of resting and entertainment. This week go to a concert go somewhere lively and fun either by yourself or with a friend.
- 5. Accountability and Friendships
 - Meet with your accountability partner to go over your progress.
- 6. Recreation and Exercise
 - Continue with what was suggested the first 10 days.

7. Healthy Eating

- o Continue eating clean.



30/60 Prayer Plan | Utilize this sheet to log in your weekly prayers. Remember prayer changes things. P.USH Pray Until Something happens and Pray to sustain what happens. | Log your prayer items in the right box.

Monday: Focus on Spiritual Disciplines and focus on faith and warfare scriptures. List the areas you need to be disciplined in to the right and use this day to pray for strength.	
Tuesday: Focus on praying for family and friends. List family friends to the right.	
Wednesday: Focus on praying for coworkers and associates also seek God on whom to pray for on this day. Ask people and be open. List those names on the right.	
Thursday: Utilize this day to focus on personal growth (Body Soul and Spirit). Look up scriptures focused on growth and focus on praying on personal growth.	
Friday: Reflect and seek restoration from the week. Focus on thanksgiving scriptures and Pray thanksgiving prayers focusing on what's around you not ahead of you. List what you are thankful for to the right.	
Saturday: Rest and take some time to pray for your spiritual leaders and for the body of Christ. Pray for revival. List them to the right.	

Sunday:

Pray for the week ahead and utilize this day for personal development. Today is a freestyle pray day list to the right what God wants you to pray for.