

Week 1 - Making Disciples

Put Off: Limit tech usage for the first & last hour of the day & at the dinner table.

Put On: Engage in the 5 scripture readings for the week.

Week 2 - Being Sent to Our Shores - Here

Put Off: Take a break from social media for the rest of the series.

Continue to limit technology usage from the week before &/or add more tech-free times.

Put On: Engage in the BLESS APP & pray for your neighbors.

Week 3 - Being Sent to Our Shores - Global

Put Off: Limit snacks, eating out, &/or coffee purchases.

Put On: Engage in giving to our Global Outreach Fund. Consider using the money you save by limiting your spending or ask God to show you an amount to start with. Choose one of the missionaries we support & make them a personal focus in your prayers.

Week 4 - Baptism & New Life

Put Off: Do an inventory of how you spend your discretionary time, including tech usage. Are there any areas you could cut back?

Put On: Reflect on the meaning and power of your own baptism. Ask God to renew the impact in you. Consider being baptized if you haven't yet. Finally, as you pray for, listen, connect with your FRANCES list people; ask God to show you what baptism would mean in their life.

Week 5 - Teaching to Obey

Put Off: What is shaping you right now? Think about what you watch, listen to, spend your time on, & think about most. Is there anything in your life that is shaping you more than following Jesus is?

Put on: Pick a weekly way you can serve, care for, connect with a neighbor from your FRANCES list. Obey the commandment to love your neighbor as yourself. Seek the Lord for how you might do this.

Week 6 - Abiding With Jesus

Put Off: Pause & review your tech usage. How can you give more time & space to seek the Lord?

Put On: Think about our 4 core practices: Scripture, Silence, Intercession, & Worship. Which could you engage in more intentionally to help deepen your relationship with Jesus? Is God inviting you to seek Him in new or increased ways this fall?