

A close-up photograph of a dark brown ceramic mug filled with coffee, with wisps of white steam rising from it. The mug sits on an open book with German text. A small, light-colored sticky note with a brown tab is attached to the top left of the mug. The background is a soft-focus indoor scene with a window and some greenery.

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# Spiritual Habits to Build Up *Every Monday*

## 7 Spiritual Habits to Build

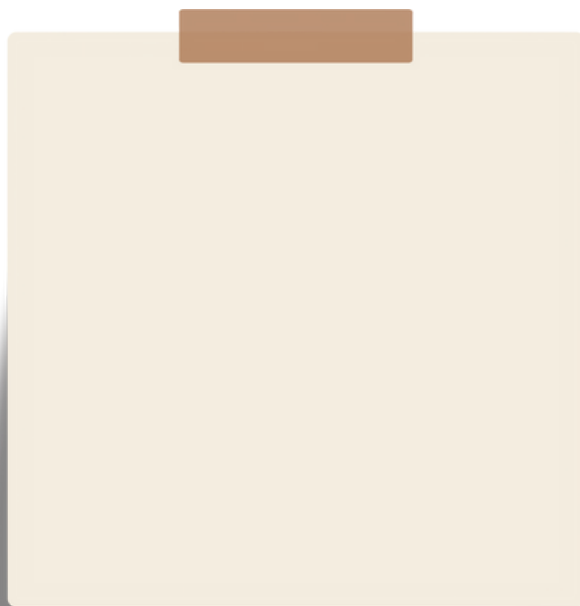
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While Sunday is the start of the week, especially for Christians, Monday is often the day where people really have to lock into their tasks, start problem-solving, and deal with the realities of the week. It is easy to focus on Christ on the Sabbath, as it is a day set aside to rest and develop one's relationship with the Savior. However, our relationship with Christ is the most important one anyone will have, and it requires daily nurturing. Building some habits on Monday to start off the week focused on the Lord is one way to grow that relationship deeper and stronger. Every day can be a day to draw closer to the Lord, even the one that is commonly voted the worst day of the week. These seven habits can be incorporated into the believer's Monday routine, to make sure they start the week focused on the Lord. You can try one or two of them, or all of them. See what best fits your schedule.

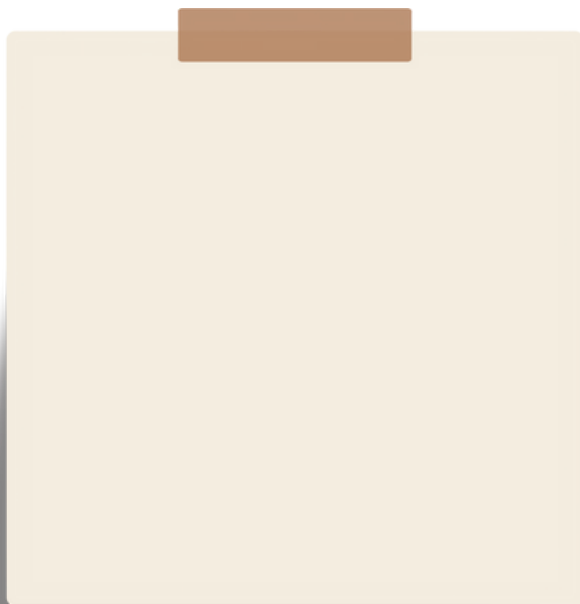
## **1 Have Certain Topics to • Pray Over Every Monday**

Having certain topics, people, or issues to be praying over on select days of the week can help ensure we don't forget to pray for important topics and they don't get lost in the business of life. Monday topics can be work, someone's illness, school, friends, and world affairs – whatever is personal and important to you.

## **What Are Your Prayer Requests This Week?**



## **Write 3 Points from the Sermon that You Remember**



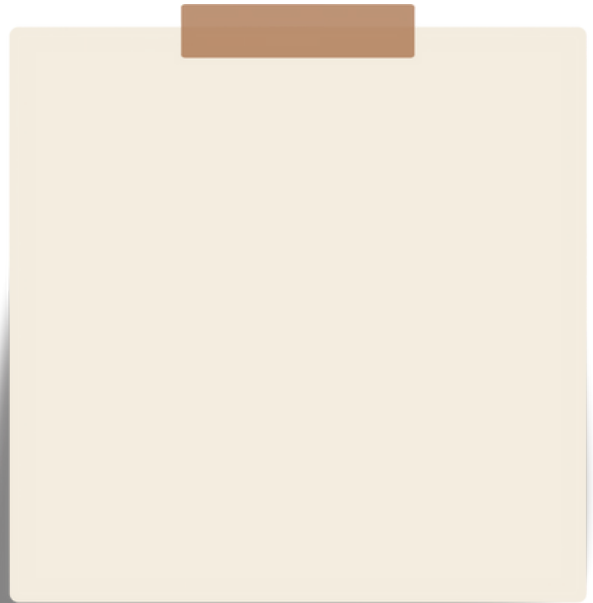
## **2 Meditate on Lessons • from Sunday's Sermon**

While on Monday morning a believer may have to go to work, focus on tasks at home, or go to school, we can still carve out time throughout the day to reflect on the sermon from the day before. Talk about it with friends or family, or review any notes you may have taken.

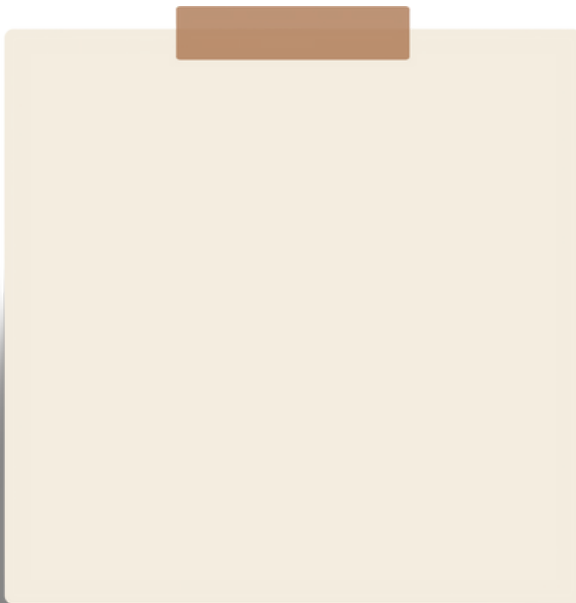
### **3. Make a List and Pray over This Week's Tasks**

This habit is both practical and spiritual, as it invites the Lord to be a help, not just in big spiritual problems, but in the daily ins and outs of life. Whatever tasks need to get accomplished that week, ask the Lord to support the efforts, to bless them, and to guide you.

### **What's on the Agenda This Week?**



### **Write Our This Week's Memory Verse**



### **4. Pick a Verse to Memorize This Week**

Monday is a great day to sit down and pick a verse or section of the Bible to learn that week, and then start the process of memorizing. Having one verse or one small passage that is the object of study for the week can be a good way to learn more of the Bible, to grow closer to God, and to have a deeper understanding of the Scriptures.

## **5 • Reach Out to Loved Ones for Prayer Requests**

Christians should lift up each other, and should weep with those who weep and rejoice with those who rejoice. Touching base with family and friends on Sunday night or on Monday to see if there is anything where they would appreciate prayer support is a way to strengthen those relationships, and to follow Christ's example.

## **Who Is in Need of Prayer This Week?**

## **What Song Can You Meditate on This Week?**

## **6 • Choose a Worship Song to Focus Your Week**

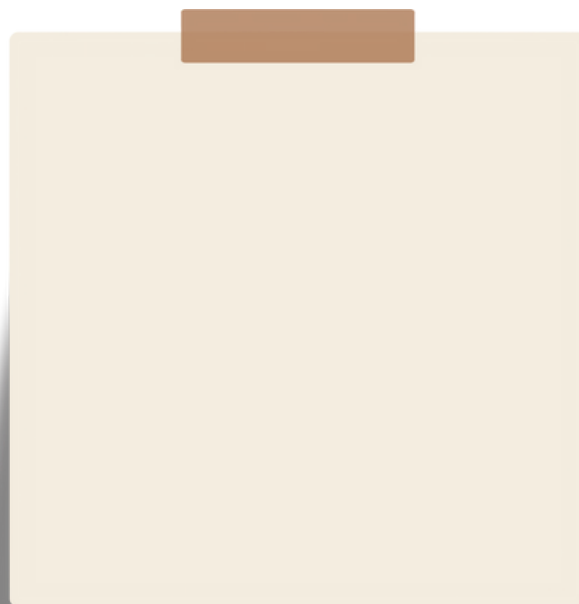
If there is a particular song God is laying on your heart, one that is speaking to your life circumstances, or even if you are just interested in expanding your catalogue of worship songs, picking a song to focus on that week can help you learn more about God and draw closer to Him.



## **7 Pray for the Opportunity • to Share the Gospel**

## **Write a Prayer for Boldness and Faith**

While not every Christian is going to find someone every day (or even every week) with whom they can share the Gospel, being on the lookout and praying for God to lead puts the believer in the will of God. It also conforms them more greatly to the image of Christ, who is always knocking on the door of the hearts of people, waiting for them to receive Him.



*Whatever you do, work at it with all  
your heart, as working for the Lord,  
not for human masters.*

Colossians 3:23

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