

Andrew's Rule of Life

1. 24-hour Sabbath once a week.
2. Read Scripture six times a week and pray after.
3. Gratefulness prayer at the end of every day.
4. Prayer-walk once a week.
5. Monthly outreach.
6. Annual retreat.
7. Fasting once a month.
8. Partial fast during lent.
9. Asleep by 11:00 pm
10. Exercise three times a week.
11. Eat less salt, less sugar, smaller dinners, and drink more water.
12. Date night with my wife twice a month.
13. Family day on Saturday.
14. Personal time with each child each week (15 minutes minimum).
15. Tithe, give to missions, care for the poor (15 percent goal).
16. Annual mission trip.
17. Read at least one book per month for spiritual formation or development.