

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Place: \_\_\_\_\_

Partner: \_\_\_\_\_

Bible Verses: \_\_\_\_\_

## 2 P.r.o.a.p.t. Spiritual Workout Sheet

(Pray, Read, Observe, Apply, Pray, Tell)

*“Train yourself to be godly....for physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” I Timothy 4:7*

*“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.” Matthew 7:24*

What Did the Bible Say?  
(Just write down the passage)

What Does the Bible Passage Mean?  
(Write down the meaning of the verse in your own words)

What Does God’s Word Mean to Me?  
(Write down how you will apply the Word.)

*Disciple* →  
Matthew 4:19    John 8:31    Acts 6:1, 11:26

*Leader* →  
II Timothy 2:2    Matthew 5:13-16

*Missionary*  
Matthew 9:37; 28:18-20