

# DAILY PRACTICE SCHEDULE

## EDD'S (EVERYDAY DRILLS)

<b>TIME</b> 5:00am	<b>STUDY PLAYBOOK (Bible)</b> Read one chapter of Proverbs for the corresponding day of the month--on March 22, I will read Proverbs 22. Then read and meditate on one paragraph of Scripture. Then read a meaningful section of the Bible based on a life circumstance I am in. OR do Bible study homework.
<b>TIME</b> 5:30am	<b>CONDITIONING (Prayer/Meditation)</b> Pray using the format Jesus taught His disciples in Matthew 6 (see Week 7, Play #5). Then read and meditate on one paragraph of Scripture based on a life circumstance or leading from the Holy Spirit. <b>(To see how to meditate on Scripture go to <a href="http://www.battlezoneministries.org">www.battlezoneministries.org</a> &gt; Show Me How To &gt; Meditate on Scripture)</b>
<b>TIME</b> Daily	<b>DAILY DIET/NUTRITION (What are you "feeding" yourself?)</b> Use the 80/20 Rule when listening to radio in my car. 80% Christ focused (Christian music and Bible teaching) and 20% World (sports, news, weather and clean music). TV-Ask myself would I let my 5-year-old daughter watch this show? If the answer is no, then I probably should not watch it. Also, stimulating TV, with beautiful women, will rev up my lust engine.
<b>TIME</b> Varies	<b>CHALK-TALKS (Church &amp; Bible Studies)</b> Sunday fellowship and Worship. Strategically select one to two church-studies per year--depending on season of life and time availability.
<b>TIME</b> Daily	<b>STRENGTH TRAINING (Memory verses)</b> Read specific meaningful Scripture and hide God's Word in my heart. Use cards to carry around with me and place where I will be reminded to read them over and over again. <b>Go to <a href="http://www.battlezoneministries.org">www.battlezoneministries.org</a></b> <b>Click on RESOURCES to create my own Counter Verse memory cards</b>
<b>TIME</b> Daily	<b>TEMPTATION SPECIFIC TRAINING/TST (Practice situational temptations)</b> Depending on my walk with God, in times of continuing struggle with a specific temptation, I will complete another Battle2ONE Game Plan Execution System Form. I will share it with my wife and my B2 Life Team. <b>To download a blank form go to <a href="http://www.battlezoneministries.org">www.battlezoneministries.org</a> &gt; resources &gt; BZ Course &gt; Forms &gt; BZ Ex System</b>
<b>TIME</b> 6 to 7:30 AM Every Thursday	<b>TEAM UP (Meet weekly with other men for accountability)</b> Meet weekly with my B2 Life Teammates in a location where we feel safe to pray and get real about life issues. <b>Go to <a href="http://www.battlezoneministries.org">www.battlezoneministries.org</a></b> <b>Click on Life Teams to learn how to put together an accountability group.</b>