

# Formational Home

Name \_\_\_\_\_

Week 2 - 2/8/2026

Time & Place - Discipleship Is Deliberate



1. **Desired Outcome:** “I have a game-plan to begin introducing spiritual rhythms into my home to live out the vision God has given me for a formational home.”
2. **Framework:** “Having a gameplan means being intentional, specific, and consistent.”

**Mark 1:35 (ESV)** “*And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*”

### **Breakdown:**

- WHEN = very early in the morning, while it was still dark
- WHERE = a desolate place
- WHAT = there He prayed
- WHY = to meet with the Father in preparation to live out His call

“If you don’t take control of your schedule, it will take control of you”

**Question for co-hosts:** *Share seasons in your life when you realized your schedule was in control of your day instead of you. Why was that the case?*

3. **What sort of gameplan should I create?**
  - a. Annual
  - b. Weekly
  - c. Daily

**Write down the 5 top things each week that receive the most consistent time (not what you WANT, ACTUAL).**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Reflect:**

Which of these are forming me spiritually?  
Which are neutral?  
Which are counter-formative?



Write down one or two reasons you are hesitant to create a schedule/gameplan and stick to it?

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**4. Discipleship Is Deliberate - 2 Timothy 2:2**

**Truth from Last Week:** *"Your home will always disciple—by what it prioritizes, permits, and practices."*

**To-Do This Week:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**5. Praying for Answers**

*"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened."* **Matthew 7:7-8**

**6. Action Plan**

- i. **WHAT:** \_\_\_\_\_
- ii. **WHEN:** \_\_\_\_\_
- iii. **WHERE:** \_\_\_\_\_

WEEK 2

# Time & Place



Discipleship Is Deliberate

## ANNUAL SCHEDULE

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

WEEK 2

# Time & Place



Discipleship Is Deliberate

## WEEKLY SCHEDULE

SUNDAY:

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MONDAY:

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TUESDAY:

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WEDNESDAY:

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THURSDAY:

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FRIDAY:

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SATURDAY:

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## DAILY SCHEDULE

6:00 a.m.

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7:00 a.m.

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8:00 a.m.

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9:00 a.m.

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10:00 a.m.

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11:00 a.m.

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12:00 p.m.

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1:00 p.m.

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2:00 p.m.

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3:00 p.m.

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4:00 p.m.

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5:00 p.m.

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6:00 p.m.

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7:00 p.m.

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8:00 p.m.

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9:00 p.m.

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10:00 p.m.

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11:00 p.m.

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