

Prayer & Scripture

- Morning Silence & Stillness ~20 Minutes.
- Morning Scripture & Journaling ~20 Minutes.
 - Afternoon walk ~1 hr.
 - Afternoon intercession~ 20 minutes.
 - Evening Prayer of Examen ~10 minutes.
- Evening devotional ~20 minutes before bed.
 - Monthly Prayer Retreat?

Relationships

- Weekly date/brunch with Andrea.
- Daily connection with Andrea late afternoon.
 - Daily dinner with kids.
 - Monthly call with boys.
 - Yearly retreat with boys.
- Dadddy-Daughter/Son Day 1xmonths
- Coaching Richard Clinton 1x a month.
 - Therapy 1x month?

John 5:19-20
Rule of Life
2026

Rest, Play, Health

- Weekly 24 hr Sabbath Friday.
 - Saturday half day work.
- 3 week vacation every winter, 1 month vacation every summer.
 - Tonal 4-5x a week.
 - Contrast therapy 3-4x a week.
 - TV and shows with Andrea.
- 4 month sabbatical every 6 years?

Work & Ministry

- Weekly Men's Discipleship LOTB
- Bi-weekly pastoring for Beloved members.
- Bi-weekly leadership development for staff.
- Bi-weekly leadership ideation input for staff.
 - Weekly staff meeting.
 - Weekly Willdrea meeting.
 - Monthly Elder's meeting.
- Preach 3 weeks, off 2 weeks.
- Limit travel & guest speaking to 4x a year.

Prayer & Scripture

Relationships

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