



JESUS OUR HEALER

The Rhythm of Life

AREA OF LIFE	DAILY	WEEKLY	YEARLY	SEVEN YEARS
<i>Devotional:</i>	1-hr. sabbath	(1) 24-hr. sabbath	52 sabbaths	sabbatical
<i>Work:</i>	8-10 hrs.	45-55 hrs.		
<i>Personal Time:</i>		1 day off	52 days off	
<i>Marriage:</i>		1 date	52 dates	extended time
<i>Intimacy:</i>		1-3 times	52-100+ times	
<i>Fasting:</i>		1 day	70 days (Daniel fast-21 days)	
<i>Physical Health:</i>	30-60 mins. exercise	200+ mins. exercise	complete physical	
<i>Family:</i>		1 family night	family vacation	extended time
<i>Emergencies:</i>				
<i>Ministry:</i>		study day	topics preparation	
<i>Breaks:</i>	15-30 mins.			
<i>Budget:</i>		2-3 hrs. family finances	family budget review	
<i>Scheduling:</i>	schedule next day	schedule next week	annual goals	life review
<i>Sleep:</i>	7-9 hrs.			
<i>Accountability and Friendships:</i>		1 get-together/meeting	2-3 day retreat	
<i>Emotional Health and Counseling:</i>	As needed for past issues, trauma, decisions, family, marriage, emotional health.			

“The fruit of the spirit is...self-control...” - Galatians 5:23

“The days that were ordained for me...” - Psalm 139:16