

3-Week Discipleship Integration Plan

Use this chart as an example to create an integration plan to fulfill over the next three weeks and to chart your progress as you go.

DAY Include what day it is in your plan, as well as the actual date (month, day, year).	PLAN DESCRIPTION Explain in detail what your plan is each day.	RESPONSE, REACTION, NEXT STEPS, ADJUSTMENTS TO PLAN Explain what you did, how you felt, results / reactions you noticed from others, your own reactions, what changes you noticed in your relationships, how your day felt.
EXAMPLE: Day 1 November 15, 2010	I will read the Beatitudes and focus on one Beatitude to live out. Beatitude focus point for today will be "Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me." To live out this Beatitude, I will pay special attention to those who are picked on, harassed, or bullied, and I will stand up for them, even if it means taking some ridicule from my friends. If anyone picks on, teases, or says unkind things about me, I will not retaliate.	It went well. It was really hard when Molly started to gossip about Stacey. But I just tried to say nice things about Stacey and then change the subject. I feel good about it. I will continue to do this. I liked having a focus for my day.

