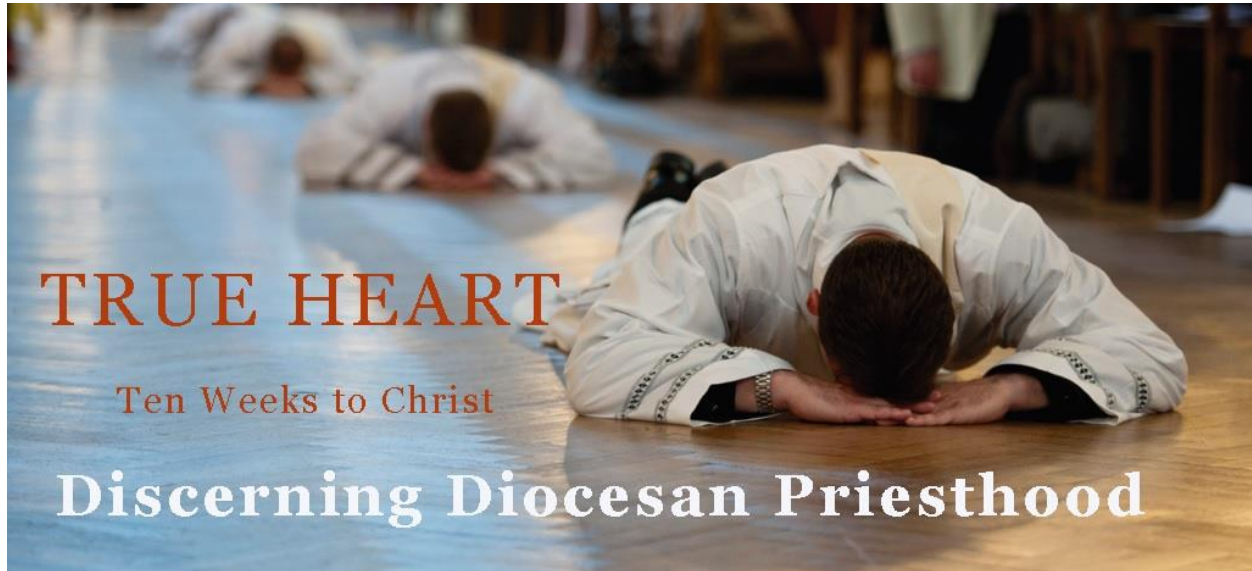


A Typical Day Schedule for TRUE HEART



1. On Wake-Up—20-Minutes No-Tech + Offer Day to God

- a. For the first twenty minutes after getting up in the morning, keep free of all media and technology so that your heart has the necessary quiet to access the spiritual world.
- b. 1-2 Minutes: When your alarm goes off, keep your eyes closed and “feel” the day before you. Are you anxious or hopeful? Ask Christ to help you overcome the specific anxieties you experience and use one of the prayers to offer your day to God.

2. 15-20-Minute Spiritual Exercise

- a. Each day True Heart gives you a specific spiritual exercise. You can do this exercise in the morning, evening or during the day 45-minute quiet time.

3. 1-3 Minute Reflection Exercise

- a. Most of True Heart's spiritual exercises have reflection questions. Use your Log to jot these reflections down. You can do this at the end of your

spiritual exercise or at the end of the day during your quiet time before bed.

4. 15-Minute Audio Reflection

- a. Take fifteen minutes to listen to the True Heart spiritual MP3 reflecting on Creation, Presence, Memory, Mercy and Eternity. Do it mid-day, mid-afternoon or just after the evening meal or during your Daily True Heart Time.

5. 45-Minute Daily True Heart Time

- a. Take 45-minutes in the day where you use no media or technology. The time is most productive when contiguous and not several non-sequential time segments added together. You can do your fifteen-minute True Heart MP3 prayer, read the reflection exercise for the day, walk, exercise or rest but be quiet and reflective.

6. Before Bed 20-Minutes No-Tech + 1-2 Minute Journal Exercise

- a. Turn off all technology and media twenty minutes before going to bed. This will help you access the spiritual world and also sleep better. Use this time also to spend 1-2 minutes to do your Training Journal.
- b. Once you begin the True Heart training you will be aware of new spiritual movements in your life. Briefly writing two items your True Heart Exercise Journal will help you to understand your spiritual life and begin to discern the difference between vain and holy fantasies.

7. Weekend Night Vigils (Once A Week)

- a. The Night Vigil meditations provide a step-by-step way to enter the Gospel stories. We know you will benefit from them profoundly and these will prepare you for the Night Vigil that concludes the TRUE HEART journey. Your cohort pastor might invite you to do these with your group at the time of your weekly meeting.