

"Saddle Up" the Sermon on the Mount - Practice One Daily for 30 Days

<u>Command (30)</u>	<u>Discipline(s)</u>
Matthew 5-7	Listen to and/or read the text once daily
Salt	Speak "Salt" Hourly; Act "Salt" Hourly; Identify trampled others
Light	Planned Kindness; Perform Secrecy Acts anonymously
Practice/Teach Commands	Psalms/Proverbs Memorization; "Law Practice" - OT & Modern Day
Be reconciled	Altar halt; "Alternate Dispute Resol. (ADR); Planned Appeasement
Not look to lust	One eye/hand Day; "My sister/My brother" prayers for pretty & not
Divorce	Pray for/serve the Divorced; Study Marriage scriptures
Oaths/Not swear	"Yes or No" - One word answers for the day
Turn the Cheek	Not have last word; Avoid withdrawal; Stifle Sarcasm
Coat	Clothing Donation; Repeat wearing outfits
2nd Mile	Intentional Service; Use a Cane/Crutch/Wheelchair for the day
Give & Loan	\$ Donation; Seek Borrower(s)
Love Enemies	Keep score of how much you're keeping score
Be perfect	Pray "Father, as you will"; Seek moments to act perfect
Giving	Secrecy; Tithe for a period; Bless strangers
Prayer	Practice few word prayers; Pray out loud privately
Lord's Prayer	Breathe it for a day; Recite Hourly
Fasting	Fast - 1 meal or 1 day; "Fast Driving Fast"
Treasures	Generosity; Simplicity Living period (day, week)
Eye Lamp	Alter (altar) viewing of TV, reading, internet
One Master	Celebration/Gratitude; Spending Freeze Days
No Worries	Creation Walks; "Pagan Run" self evaluation
Kingdom Seeking	"Thy Kingdom Come"; Kneel; Drive in the slow lane; Worry-ometer
Don't Judge	Log Eye List; Extended Solitude
Pearl Pelting	No Opinion Zone; Extended Silence
A.S.K.-Ask, Seek, Knock	"Didn't Ask = Don't Tell"; Ask "Your thoughts?"; Asking Prayers
Golden Rule	"How may I serve you?"; Myself List & Myself-less
Narrow Gate	Gate/road sightings walk; Make a list of personal/spiritual gates
Wolf Hunting	My "Fruit" definitions; Modern day wolves
Father's Will	Intentional Obedience/Sacrifice; Read "Father" scriptures
Rock House Practice	Audio Bible Texts; "Storm Tossed Watch" self evaluation