

MORE OR LESS EXPERIMENT

Instructions: This week, you'll intentionally experiment with adjusting your daily habits to grow closer to God. You will **add more** of what draws you near Him and **cut back** on what distracts you. Use this worksheet to plan, track, and reflect on your experiment.

Step 1: Identify your "More" list

Think of spiritual practices, habits, or disciplines that help you draw closer to God. Examples: prayer, Bible reading, journaling, worship, serving, generosity

Practice/Habit	How will I add more this week?	When / where will I do it?
Prayer	<i>Ex. Pray for 5 min each morning</i>	<i>Ex. Before breakfast</i>
Scripture Reading	<i>Ex. Read one chapter each evening</i>	<i>Ex. Before bed</i>
Worship	<i>Ex. Listen to worship music during commute</i>	<i>Ex. Car / headphones</i>
Service	<i>Ex. Text someone encouragement</i>	<i>Ex. Daily at lunch</i>

Step 2: Identify your "Less" list

What habits, distractions, or timewasters pull you away from God? Examples: social media scrolling, negative self-talk, excessive TV, unnecessary spending.

Distraction/Habit	How I will cut back this week	Alternative action
Social Media	<i>Ex. Limit to 30 min / day</i>	<i>Ex. Use extra time for prayer</i>
TV shows	<i>Ex. Skip evening binge</i>	<i>Ex. Read a devotional instead</i>
Worrying	<i>Ex. Journal fears 1x/day</i>	<i>Ex. Write a prayer of trust</i>

Step 3: Track your Experiment

Create a simple tracker for each day. Check off what you did more of and less of, and not anything you noticed about your heart or focus.

Day	More Actions Completed	Less Actions Avoided	Reflection/Notes
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Step 4: Reflection

1. What was the most noticeable difference in your week when you added more of what draws you to God?
2. Which distractions were hardest to cut back on, and why?
3. What did this experiment teach you about your priorities and relationship with God?
4. How can you carry these changes forward into your everyday life and generosity?