



# SPIRITUAL TRAINING PLAN 2026

NORTHRIDGE'S 16 WORD MISSION IS TO: WAKE THE WORLD UP TO JESUS, SHOW THEM HIS LOVE, TELL THEM HIS TRUTH, INVOLVE THEM.

This training plan is designed to facilitate the outward expression of the 16 Words through action. Live In exercises are personal and individually focused that will help strengthen your own walk with God. Live Out exercises will help move your faith outside of yourself to include and involve others.

|                            | WEEK | DATES             | MON                          | TUES                 | WED          | THURS                 | FRI             | SAT             | SUN                     |
|----------------------------|------|-------------------|------------------------------|----------------------|--------------|-----------------------|-----------------|-----------------|-------------------------|
|                            | #    |                   | LIVE IN                      | LIVE OUT             | LIVE IN      | LIVE OUT              | LIVE IN         | LIVE OUT        | LIVE IN                 |
| WAKE THE WORLD UP TO JESUS | 1    | JUNE 15 - JUNE 21 | Memorize Romans 13:11        | Share The Verse      | Affirmation  | Share The Affirmation | Fear & Share    | Attend & Invite | AMP Romans 13:11        |
|                            | 2    | JUNE 22 - JUNE 28 | Memorize Ephesians 5:14      | Share The Verse      | Affirmation  | Share The Affirmation | Fear & Share    | Attend & Invite | MSG Ephesians 5:14      |
|                            | 3    | JUNE 29 - JULY 5  | Memorize 1 Thessalonians 5:6 | Share The Verse      | Affirmation  | Share The Affirmation | Fear & Share    | Attend & Invite | AMP 1 Thessalonians 5:6 |
|                            | 4    | JULY 6 - JULY 12  | Memorize Revelation 3:15-16  | Share The Verse      | Affirmation  | Share The Affirmation | Fear & Share    | Attend & Invite | NLT Revelation 3:15-16  |
|                            | 5    | JULY 13 - JULY 19 | Memorize Matthew 24:42       | Share The Verse      | Affirmation  | Share The Affirmation | Fear & Share    | Attend & Invite | AMP Matthew 24:42       |
| SHOW THEM HIS LOVE         | 6    | JULY 20 - JULY 26 | Memorize Galatians 5:13      | Encourage            | Affirmation  | Encourage & Serve     | Fear & Share    | Pray & Share    | MSG Galatians 5:13      |
|                            | 7    | JULY 27 - AUG 2   | Memorize 1 Peter 4:8         | Encourage            | Affirmation  | Encourage & Serve     | Fear & Share    | Pray & Share    | MSG 1 Peter 4:8         |
|                            | 8    | AUG 3 - AUG 9     | Memorize Philippians 2:3-4   | Encourage            | Affirmation  | Encourage & Serve     | Fear & Share    | Pray & Share    | MSG Philippians 2:3-4   |
|                            | 9    | AUG 10 - AUG 16   | Memorize 1 John 3:18         | Encourage            | Affirmation  | Encourage & Serve     | Fear & Share    | Pray & Share    | TLB 1 John 3:18         |
|                            | 10   | AUG 17 - AUG 23   | Memorize Mark 10:45          | Encourage            | Affirmation  | Encourage & Serve     | Fear & Share    | Pray & Share    | ERV Mark 10:45          |
| TELL THEM HIS TRUTH        | 11   | AUG 24 - AUG 30   | Memorize Ephesians 4:15      | Failure Is Not Final | Affirmation  | Family & Share        | Reflect & Share | Pray & Share    | EASY Ephesians 4:15     |
|                            | 12   | AUG 31 - SEPT 6   | Memorize 2 Timothy 4:2       | Failure Is Not Final | Affirmation  | Family & Share        | Reflect & Share | Pray & Share    | AMP 2 Timothy 4:2       |
|                            | 13   | SEPT 7 - SEPT 13  | Memorize 2 Timothy 3:16-17   | Failure Is Not Final | Affirmation  | Family & Share        | Reflect & Share | Pray & Share    | AMP 2 Timothy 3:16-17   |
|                            | 14   | SEPT 14 - SEPT 20 | Memorize 1 Peter 3:15        | Failure Is Not Final | Affirmation  | Family & Share        | Reflect & Share | Pray & Share    | EASY 1 Peter 3:15       |
| INVOLVE THEM               | 15   | SEPT 21 - SEPT 27 | Memorize Hebrews 10:24-25    | Gather & Serve       | Me Challenge | Gather & Serve        | Fear & Share    | Pray & Huddle   | EASY Hebrews 10:24-25   |
|                            | 16   | SEPT 28 - OCT 4   | Memorize 2 Timothy 4:5       | Gather & Serve       | Me Challenge | Gather & Serve        | Fear & Share    | Pray & Huddle   | NLT 2 Timothy 4:5       |
|                            | 17   | OCT 5 - OCT 11    | Memorize Matthew 9:37-38     | Gather & Serve       | Me Challenge | Gather & Serve        | Fear & Share    | Pray & Huddle   | ERV Matthew 9:37-38     |
|                            | 18   | OCT 12 - OCT 18   | Memorize Ephesians 4:16      | Gather & Serve       | Me Challenge | Gather & Serve        | Fear & Share    | Race Weekend    |                         |

## WAKE THE WORLD UP TO JESUS

### MONDAY | MEMORIZE | LIVE IN

Look up the verse and then memorize it. Monday's verse will always be the NIV translation.

### TUESDAY | SHARE THE VERSE | LIVE OUT

Share this week's verse with someone.

### WEDNESDAY | AFFIRMATION | LIVE IN

Turn this week's verse into a personal affirmation. Use the affirmation card provided. Then put it someplace you'll see it daily.

### THURSDAY | SHARE THE AFFIRMATION | LIVE OUT

Share the affirmation you wrote yesterday, with someone else. Use the affirmation card provided.

### FRIDAY | FEAR & SHARE | LIVE IN

What is your biggest fear, worry, stress, insecurity, or obstacle this week? Share it with God through prayer.

### SATURDAY | ATTEND & INVITE | LIVE OUT

Attend church this weekend and invite a friend. #churchfie or it didn't happen (selfie together at church, then post). If it's their 1st time, stop by the 1st Visit table at NR!

### SUNDAY | REFLECT & COMPARE | LIVE IN

Read this week's verse in the translation provided. What jumps out at you that you may not have noticed on Monday?

## SHOW THEM HIS LOVE

### MONDAY | MEMORIZE | LIVE IN

Look up the verse and then memorize it. Monday's verse will always be the NIV translation.

### TUESDAY | ENCOURAGE | LIVE OUT

Take a genuine interest in others. Send an encouraging note or post a positive comment on their social media.

### WEDNESDAY | AFFIRMATION | LIVE IN

Turn this week's verse into a personal affirmation. Use the affirmation card provided. Then put it someplace you'll see it daily.

### THURSDAY | ENCOURAGE & SERVE | LIVE OUT

Do an act of kindness for someone who least expects it (spouse, kids, cashier, neighbor, etc.).

### FRIDAY | FEAR & SHARE | LIVE IN

What is your biggest fear, worry, stress, insecurity, or obstacle this week? Share it with God through prayer.

### SATURDAY | PRAY & SHARE | LIVE OUT

Pray for someone else, but let them know you did. Not sure who? Ask God to place someone on your heart.

### SUNDAY | REFLECT & COMPARE | LIVE IN

Read this week's verse in the translation provided. What jumps out at you that you may not have noticed on Monday?

## TELL THEM HIS TRUTH

### MONDAY | MEMORIZE | LIVE IN

Look up the verse and then memorize it. Monday's verse will always be the NIV translation.

### TUESDAY | FAILURE IS NOT FINAL | LIVE OUT

Who in your life needs to hear that "Failure is not final"? Tell them! And let them know that God loves them no matter what!

### WEDNESDAY | AFFIRMATION | LIVE IN

Turn this week's verse into a personal affirmation. Use the affirmation card provided. Then put it someplace you'll see it daily.

### THURSDAY | FAMILY & SHARE | LIVE OUT

Discuss this week's verse with your family and friends. Use it as devotional and/or family prayer time.

### FRIDAY | REFLECT & SHARE | LIVE IN

How have you seen God work in your life this week? Share with someone (your captain, friend, etc.).

### SATURDAY | PRAY & SHARE | LIVE OUT

Pray for someone else, but let them know you did. Not sure who? Ask God to place someone on your heart.

### SUNDAY | REFLECT & COMPARE | LIVE IN

Read this week's verse in the translation provided. What jumps out at you that you may not have noticed on Monday?

## INVOLVE THEM

### MONDAY | MEMORIZE | LIVE IN

Look up the verse and then memorize it. Monday's verse will always be the NIV translation.

### TUESDAY | GATHER & SERVE | LIVE OUT

Serve with one of Love Runs' partner organizations. \*specific opportunities will be provided

### WEDNESDAY | ME CHALLENGE | LIVE IN

1. What is keeping you from taking a next step into serving? Make a list of the reasons.  
2. How can you reorganize your life and schedule to take that next step? Write it down.

### THURSDAY | GATHER & SERVE | LIVE OUT

Serve with one of NorthRidge's local outreach partners. \*specific opportunities will be provided

### FRIDAY | FEAR & SHARE | LIVE IN

What is your biggest fear, worry, stress, insecurity, or obstacle this week? Share it with God through prayer.

### SATURDAY | PRAY & HUDDLE | LIVE OUT

Pray with your captain and team roster at the group runs. Prayer points will be provided. Captains will lead out these prayers.

### SUNDAY | REFLECT & COMPARE | LIVE IN

Read this week's verse in the translation provided. What jumps out at you that you may not have noticed on Monday?