

# SOUL HEALTH PLAN

Name: Pastor José Torres

Year: 2023

## PLAN GOAL

*My life's goal for this year is to continue my prayer and fasting to awaken in me a closer walk and relationship with my Lord and Savior and exercise my body more frequently. I will on purpose seek to discover more about God and His will for my life and myself in my relationship to who God is by establishing a clear direction using the Soul, Rules of Life and the Sabbath exercises.*

## Soul Exercises [SE]:

Soul Exercises may involve all or just one of the following time sensitive modes...suggestions follow below.

- Daily: Sleep at least 8 hours and awaken to a time of prayer (every weekday at 4:00 AM) and meditation of the Word of God to feed my soul at the beginning of each day.
- Weekly: Take time to be in silence and meditate, all the while listening to the voice of God for His guidance and/or instruction.
- Monthly: Take a day every month to do a complete or total fast (no solid food or liquids) and accompany this fasting time with reading and meditating on the Word of God.
- Annually: Be completely alone with God on a 3 day soul exercise where I can more closely connect with God and His purpose for my life and ministry. This is paramount more so now during a world/country in social and justice turmoil.

## Rule(s) of Life [RoL]:

RoL's may involve all or just one of the following time sensitive modes...RoL's are explained below.

- Daily: Love on my family members and always tell them how mucho I love each one of them.
- Weekly: Go to the gym or at home to exercise every Thursday afternoon.
- Monthly: Go out on a date with my wife and family to strengthen our love and fellowship bond.
- Annually: Go on vacation to a faraway place with no agenda except the family agenda.

## Weekly Sabbath:

Set aside one day (6:00 PM Thursday to 6:00 PM Friday) during the week to seek to completely rest and replenish my soul by separating myself from the business of work and this world. I will connect with God and seek His will for me.