



## February

### Marriage

**Daily** - For this month, your Daily disciplines include:

- **Scripture reading** - Read all assigned passages for the month of January
- **Journaling** - Use the H.E.A.R. acrostic to read and study Scripture
- **Prayer** - Use the R in H.E.A.R. to guide your prayers

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**Weekly** - Weekly disciplines include:

- **Scripture Memory** - This month, you will memorize:
  - John 13:34-35
  - 1 Corinthians 13:4-8
  - Ephesians 5:25
- **Reading** - [Sacred Marriage – Gary Thomas](#)
- **Group Check-In** - Stay connected with your group throughout the month for encouragement and accountability

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**Monthly** - Monthly disciplines include:

- **The Spiritual Discipline:** Date Night [Date Night Resource]
  - This month, make arrangements and schedule some one-on-one time with your wife (if you're married) to work through the David's Men Date Night Resource. Be quick to listen, slow to speak, and slow to become angry (James 1:19). Listen to ways that you can become a better husband in the days ahead.
- **Man Date** - Schedule a one-on-one Man Date with one of the guys in your group for a time to get to know each other more and to talk about things that are going on in each other's lives.
- **Book Review**- Prepare notes to share with your group. Your notes should include the following:
  - List your key takeaways.
  - Discuss how you will apply it to your life now.
  - Bring your takeaways and application points to your monthly meeting.
- **Group Meeting** - Your group will meet each month for accountability and to deepen your relationship with one another. You will come prepared to discuss the book, review Scripture memory, and share reflections from journaling, your man-date, and your spiritual discipline.

REMINDER: Each month, go to <https://biltmorechurch.com/davidsmen> to download materials.