



The God OS Walk Plan

A once-a-season page — the commitments that don't reset

The daily worksheet asks one question: what's my focus today? That works well, but everything on it resets by morning. This page is the other layer — the handful of things that don't reset. Fill it out slowly, ideally right after a stretch of good time with God rather than during a burst of ambition. Then keep it where you'll see it: in the front of your binder, as a photo on your phone, or in the God OS app, where it's always a tap away.

Two ground rules. Every answer should name something specific — a person, a place, a time, a number. "Serve more" isn't an answer; "Wednesday setup crew at the food pantry" is. And an empty line is a legitimate answer: five real commitments beat twelve aspirational ones, and you'll be looking at this page for six months.

♥ Worship — what are my rhythms?

- Where and when does my daily time actually happen? (Be honest about the real answer, not the ideal one.)

- What's my Meaningful Minimum — the floor I keep even on the worst days?

- Is there a doorway I never walk through? What would it take to try it this season?

📖 Word — how will I take Scripture in?

- What am I reading, and when in the day?

- Is there a verse or passage I want to know by heart this season?

- Who am I learning from — a teacher, a book, a group?

🙏 Prayer — who am I carrying?

- Name the people I'm praying for regularly. Not a category. Names.

- Is there a request I gave up on that I want to pick back up?

- Where do my trigger-prayers happen — the commute, the kettle, the walk to the car?

🕒 Walk — what is God working on in me?

- What conviction keeps coming back? (You already know. Write it down anyway.)

- Which fruit of the Spirit is thinnest right now?

- What's one thing I've heard clearly and haven't acted on?

Y Walk — who and where am I serving?

- Where am I committed to serve, and what have I actually said yes to?

- What's one act of service nobody will ever trace back to me?

- Who in my ordinary week — work, street, family — is going without help I could give?

Y Walk — who is outside, and who is coming behind?

- Name one person who doesn't know Jesus and who I'm genuinely around. How, and when, might that conversation happen?

- Who am I helping grow? What does that look like this month — a meal, a text, a study, a phone call?

- Who has been that person for me, and does he or she know it?

▮ The Short List

Look back over everything above and pull out no more than five commitments for this season. Write them in plain language, as though telling a friend.

1. _____
2. _____
3. _____
4. _____
5. _____

On a morning when nothing comes to mind for your daily focus, come here first. The Short List isn't a to-do list and it doesn't get checked off — it's the pool your daily one-thing gets drawn from, so today's focus stays connected to something longer than today.

» Reviewing this page

Set a date to revisit — the start of a season, a birthday, whatever you'll actually remember. When you do: cross off what's finished, keep what's still true, and be willing to let something go. A commitment you've quietly stopped believing in isn't holding you accountable; it's just making you feel guilty when you look at the page.

Filled out on: _____ **Next review:** _____

None of this runs on willpower. The Short List is what you're asking the Spirit to grow in you, not a performance review. If you reach the end of a season having done one of the five and stayed connected to Him the whole way, that was a good season.

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