

Godgrown | Mono Course Syllabus

Objectives:

- 1) To listen to and attend to God's heart
- 2) To begin the process of connecting with at least one other person to discern God's voice
- 3) To discover sustainable resources for connecting with the Lord

Day	Content & Action Items
1	Welcome & Introductions Action Item: <i>Calendar Planning</i> (Approximately 30 minutes)
2	Creating a Space, Discovering Patterns of Rest Action Item: <i>Morning Pages</i> (Approximately 45 minutes)
3	A Posture of Expectancy Action Item: <i>Morning Pages</i> (Approximately 45 minutes)
4	A Posture of Appreciation Action Item: <i>Morning Pages with Appreciation Practice</i> (Approximately 30 minutes to 1 hour)
5	One with God Action Item: <i>Morning Pages with Appreciation Practice</i> (Approximately 30 minutes to 1 hour)
6	Turn Toward I On Showing Up Action Item: <i>Morning Pages with Heart Inventory</i> (Approximately 30 minutes to 1 hour)
7	Tune In I On Spontaneity Action Item: <i>3xT</i> (Approximately 30 minutes to 1 hour)
8	Take Note I On Recording Action Item: <i>3xT</i> (Approximately 30 minutes to 1 hour)
9	Day of Simplicity I Catch up day Action Item: <i>3xT</i> (Approximately 30 minutes to 1 hour)
10	Discerning God's Voice Action Item: <i>3xT and Phone a Friend</i> (Approximately 1 hour)
11	In Season Action Item: <i>3xT and Appreciation Practice</i> (Approximately 30 minutes to 1 hour)
12	Why are we connecting with God, anyway? Action Item: <i>3xT and Appreciation Practice</i> (Approximately 30 minutes to 1 hour)
13	Building on Rock Action Item: <i>3xT and Actionable Follow-through</i> (Approximately 30 minutes to 1 hour)
14	On Will Power Action Item: <i>3xT and Actionable Follow-through</i> (Approximately 30 minutes to 1 hour)
15	On Habits Action Item: <i>3xT, Actionable Follow-through and Celebration</i> (Approximately 30 minutes to 1 hour)
16	Refresh I The Wellspring of MONO-level Resources Action Item: <i>3xT, Actionable Follow-through, MONO-level Research</i> (Approximately 1 hour)
17	Connect I Your Brain Works Better in Community Action Item: <i>3xT, Actionable Follow-through and Phone a Friend</i> (Approximately 1 hour)
18	Catch up day, Final Thoughts and Gift (This course will be live for 12 days after Day 18) Action Item: <i>3xT, Actionable Follow-through & Evaluation</i> (Approximately 45 minutes to 1 hour)