

# The Holy Spirit, S. D.

Everywhere - aka Omnipresent

New patients always  
welcome!



Clinic Hours:  
24/7/365 - Always Open!

<sup>1</sup> I love the Lord for he heard my voice; He heard my cry for mercy.  
<sup>2</sup> Because he turned his ear to me, I will call on him as long as I live.  
<sup>7</sup> Be at rest once more, O my soul, for the Lord has been good to you.  
<sup>12</sup> How can I repay the Lord for all his goodness to me?  
<sup>13</sup> I will lift up the cup of my salvation and call on the name of the Lord.  
<sup>14</sup> I will fulfill my vows to the Lord.  
Psalm 116:1-2, 7, 12-14 NIV

Patient's Name: Mr. or Ms. Believer Date: Today

**Rx**  
for the Soul

For Maximum Spiritual Health & Maximum Rewards:

- Begin Immediately
- Continue Indefinitely

INITIAL DOSAGE: For the next 52 weeks, make a vow to yourself and to the Lord to partake of His goodness in His Word and with Him in prayer. Consider this a necessary prescription for leanness in your soul and to continually cleans you of unrighteousness that remains in your flesh.

1. Begin by completing **The Love-Is Challenge** being brutally honest with yourself (consider asking your spouse, parent, best friend or anyone you trust to help you complete it with you in all humility, honesty and integrity). Fold it in half and place it in a secure place. It will used again from time-to-time to check your progress in the process of changing "Who Do I Become?"
2. Next, look at the Rx dosage list on the following page. Determine where you are now in the program. Think about the prescription dose for each week to determine at what dose level you currently operate on a weekly/daily basis. Don't kid yourself – and don't pretend you "do more" than what is listed for any given week. **Start there** and proceed for the remaining weeks.
3. Note: jumping ahead will make it that much harder to succeed and complete the program. The Lord honors what you do, not what you intend to do or want to do. Everyone starts somewhere, it's not shameful. The only shame (and remorse) will be for those who don't start at all.
4. What should you be able to expect as a result of this? I say this with confidence, IF you proceed to perform the requirements of this Rx with honesty, integrity and humility, the Holy Spirit WILL bless you with all the strength, power and encouragement you need. AND, as you obey His commands, you will begin to accumulate mega rewards for use in the ages to come. This Rx is the baseline for mega rewards.

You will be blessed. Those around you will be blessed. The church will be blessed. Our world will be blessed. And our Lord will be blessed. There are NO losers in this Rx.

5. If you miss a week, make a note in the column for the reason, repeat the given week twice and then continue on. This is not a "punishment" - it is for anchoring and reinforcement.

*The Triune God Who Loves You*  
Physician Signature

# Rx for the Soul

**Instructions:** The first week, pre-decide which 3 days you will honor this activity. Get up 15 minutes earlier than usual on these three days and do this activity FIRST. If at all possible, get down on your knees to pray, praising God for WHO He is (this is different from thanking Him for what He has done). Then, get up and read the Bible for 5 minutes, at first it doesn't matter where you go in the Bible just read directly from it. Read out loud - whispering is just fine. Read it back to the Author, He delights in that. (In a while you will find yourself talking to Him and hearing Him as you do this, but it takes a bit for this to begin happening.) Then finish these first days with 5 more minutes of prayer, this is when you want to thank Him. We will move into asking for things in a short while, but for now praise and thanksgiving are more important for the health of your soul. *Note: This may seem slow at first, that's okay. It's better to anchor it as a habit than rush into it and quit.*

	Week #	Time Allotment	Activity*	Notes (anything you wish to remember goes here)
[ ]	<b>1</b>	15 min/day 3x per week e.g., M,W,F or T, Th, S	5 min - knee prayer (praise) 5 min - Scripture reading 5 min - prayer (thanks)	
[ ]	<b>2</b>	15 min/day 3x per week e.g., M,W,F or T, Th, S	5 min - knee prayer (praise) 5 min - Scripture reading 5 min - prayer (thanks)	
[ ]	<b>3</b>	20 min/day 3x per week e.g., M,W,F or T, Th, S	5 min - knee prayer (praise) 10 min - Scripture reading 5 min - prayer (thanks)	
[ ]	<b>4</b>	20 min/day 4x per week (note add 1 day)	5 min - knee prayer (praise) 10 min - Scripture reading 5 min - prayer (thanks)	
[ ]	<b>5</b>	20 min/day 4x per week (note add 1 day)	5 min - knee prayer (praise) 10 min - Scripture reading 5 min - prayer (thanks)	
[ ]	<b>6</b>	25 min/day 4x per week	5 min - knee prayer (praise) 15 min - Scripture reading 5 min - prayer (thanks)	
[ ]	<b>7</b>	25 min/day 4x per week	5 min - knee prayer (praise) 15 min - Scripture reading 5 min - prayer (thanks)	
[ ]	<b>8</b>	30 min/day 5x per week (note add 1 day)	5 min - knee prayer (praise) 15 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>9</b>	30 min/day 5x per week	5 min - knee prayer (praise) 15 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>10</b>	30 min/day 5x per week	5 min - knee prayer (praise) 15 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>11</b>	30 min/day 5x per week	5 min - knee prayer (praise) 15 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	

**\* Scripture = THE BIBLE - not a commentary or any other "help" publication.**

	<b>Week #</b>	<b>Time Allotment</b>	<b>Activity*</b>	<b>Notes</b> (anything you wish to remember goes here)
[ ]	<b>12</b>	40 min/day 5x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>13</b>	40 min/day 5x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>14</b>	40 min/day 5x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>15</b>	40 min/day 5x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>16</b>	40 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 10 min - prayer (thanks & requests for self & others)	
[ ]	<b>17</b>	45 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>18</b>	45 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>19</b>	45 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>20</b>	45 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>21</b>	45 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	

	<b>Week #</b>	<b>Time Allotment</b>	<b>Activity*</b>	<b>Notes (anything you wish to remember goes here)</b>
[ ]	<b>22</b>	45 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>23</b>	45 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>24</b>	45 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 20 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>25</b>	50 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>26</b>	50 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>27</b>	50 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>28</b>	50 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>29</b>	50 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>30</b>	50 min/day 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	

	Week #	Time Allotment	Activity*	Notes (anything you wish to remember goes here)
[ ]	<b>31</b>	50 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>32</b>	50 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 15 min - prayer (thanks & requests for self & others)	
[ ]	<b>33</b>	60 min/day 5 - 6x per week	20 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others)	
[ ]	<b>34</b>	60 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others)	
[ ]	<b>35</b>	60 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others)	
[ ]	<b>36</b>	60 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others)	
[ ]	<b>37</b>	60 min/day 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others)	
[ ]	<b>38</b>	60 min/day + 30 min optional/ evening* <u>5 - 6x per week</u> Opt Eve = 30 min casual reading of the Scriptures alone or with family - Scripture only - no commentaries	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	

	Week #	Time Allotment	Activity*	Notes (anything you wish to remember goes here)
[ ]	39	60 min/day + 30 min optional/ evening* 5 - 6x per week	10 min - knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	40	60 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	41	60 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	42	60 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	43	60 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 25 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	44	75 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 40 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	45	75 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 40 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	

	<b>Week #</b>	<b>Time Allotment</b>	<b>Activity*</b>	<b>Notes (anything you wish to remember goes here)</b>
[ ]	<b>46</b>	75 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 40 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	<b>47</b>	75 min/day + 30 min optional/ evening* 5 - 6x per week	10 min- knee prayer (5 min praise + 5 min silence) 40 min - Scripture reading 25 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	<b>48</b>	90 min/day + 30 min optional/ evening* 5 - 6x per week	15 min- knee prayer (5 min praise + 10 min silence) 45 min - Scripture reading 30 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	<b>49</b>	90 min/day + 30 min optional/ evening* 5 - 6x per week	15 min- knee prayer (5 min praise + 10 min silence) 45 min - Scripture reading 30 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	<b>50</b>	90 min/day + 30 min optional/ evening* 5 - 6x per week	15 min- knee prayer (5 min praise + 10 min silence) 45 min - Scripture reading 30 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	<b>51</b>	90 min/day + 30 min optional/ evening* 5 - 6x per week	15 min- knee prayer (5 min praise + 10 min silence) 45 min - Scripture reading 30 min - prayer (thanks & requests for self & others - especially intercessory prayer)	
[ ]	<b>52</b>	90 min/day + 30 min optional/ evening* 5 - 6x per week	15 min- knee prayer (5 min praise + 10 min silence) 45 min - Scripture reading 30 min - prayer (thanks & requests for self & others - especially intercessory prayer)	

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When you initially read down through this Rx you may think... “really! I can’t do that!” But you can, my friend, and you should.

As part of your prayer time ask Him to put “the will, the want to” in you - He will do that as you respond and obey simply because you should (at first). Show Him that you are serious.

Feel free to pray His Word back to Him (remind Him of what He said) - He LOVES that! <sup>13</sup>*for it is God who is at work in you, both **to desire** and **to work** for His good pleasure. Philippians 2:13 NASB*

You can pray things like ... “In your Word You said You would work in me and help me **want to** spend this time with You. Please do that, please help me want to obey.” (Note that as you go along with the challenge your desire should grow so much that you want to do more than prescribed. If you want to and you can - **then** go ahead and add more. But at first, stay with the Rx as you build this spiritual muscle. .... AND if you get to a point that you can’t move ahead, stay where you are - but don’t stop doing what you can and go backward in time and effort.

At about the 26 week mark, retrieve you **Love-Is Challenge Assessment** and rescore yourself. Has the Holy Spirit been successful in His work in you? Have your markings improved any? This is HIS WORK IN YOU as you **apply** the Rx and **practice obedience**. You should be able to see improvements in “**Who Do I Become**” as you proceed and become more available and useful to the Holy Spirit in His work. This begins to “stack up” the rewards on your bema table.

Check again at the end of the first year. By then you should be routinely surprising yourself as you (and others) can see visible differences in who you have become. You should begin to think differently and act differently as a result of His work in you. What a great God we serve!

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# End Notes

## Chapter 2

- 1 The Big Book of Bible Answers, ©Harvest House Publishers 2013, Ron Rhodes, p 280
2. The Footsteps of the Messiah, © Ariel Ministries 2021, Arnold G. Fruchtenbaum p 141

## Chapter 3

- 1 Your Eternal Reward, © Moody Publishers 2015, Erwin W. Lutzer p 34
- 2 The Footsteps of the Messiah, © Ariel Ministries, 2021, Arnold G. Fruchtenbaum p 567-568
- 3 Understanding the End Times Prophecy © Moody Press, Chicago, IL 1995, Paul N. Benware, p 182
- 4 Thru the Bible, Vol. 5, © Thomas Nelson Publishers, 1983, J Vernon McGee, p 1047
- 5 The Coming Golden Age, © W Publishing Group 2024, David Jeremiah, p 44
- 6 The Footsteps of the Messiah, © Ariel Ministries, 2021, Arnold G. Fruchtenbaum p 568

## Chapter 4

- 1 Footsteps of the Messiah, ©Ariel Ministries, 2021, Arnold Fruchtenbaum, p 383
- 2 Footsteps of the Messiah, © Ariel Ministries 2021, Arnold Fruchtenbaum, p 594-597

## Chapter 6

- 1 Your Eternal Reward, © Moody Publishers 2015, Erwin W. Lutzer, p 26-36
- 2 The Big Book of Bible Answers, ©2001 Harvest House Publishers, Ron Rhodes, p 306
- 3 Your Eternal Reward, © Moody Publishers 2015, Erwin W. Lutzer, p 9
- 4 55 Answers to Questions About Life After Death, © 2005 Multnomah Books, Mark Hitchcock, p 153

## Chapter 7

- 1 Heavenly Rewards, Living with Eternity in Sight, © 2019 Harvest House Publishers, Mark Hitchcock, p 93
- 2 Meeting Yourself in the Parables, ©1979 Victor Books, Wheaton, IL Warren Wiersby, p 14
- 3 Heaven, ©2004 Tyndale House Publishers, Wheaton, IL Randy Alcorn

## Chapter 8

- 1 Heavenly Rewards, Living with Eternity in Sight, © 2019 Harvest House Publishers, Mark Hitchcock, p 79
- 2 Ryrie Study Bible, ©Moody Bible Institute of Chicago, 1986, Charles C. Ryrie, Th.D., Ph.D., p v

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## **Chapter 9**

**1** Heavenly Rewards, Living with Eternity in Sight, © 2019 Harvest House Publishers, Mark Hitchcock, p 108-125

## **Chapter 10**

**1** Heavenly Rewards, Living with Eternity in Sight, © 2019 Harvest House Publishers, Mark Hitchcock, p 61-62

**2** Footnote to Job 3:1 The Ryrie Study Bible, © 1986 Mood Press, Chicago, Charles C. Ryrie, p 678

**3** Footnote to Job 42 The Ryrie Study Bible, © 1986 Mood Press, Chicago, Charles C. Ryrie, p 721

**4** The Footsteps of the Messiah, © Ariel Ministries 2021, Arthur G. Fruchtenbaum, p 495

## **Tool Box**

**1** The Footsteps of the Messiah, © Ariel Ministries 2021, Arthur G. Fruchtenbaum, p 362-363