35
DAY
CHALLENGE

35 DAY CHALLENGE OVERVIEW

For the next 35 days you will commit to 5 daily disciplines of spiritual growth

Every day for next 35 days, you will:

1. Move - Care for your physical body

2. Read - Read One Chapter of the Bible

3. Pray - Engage in conversation with God through prayer

4. Sacrifice - give up something from your life

5. Serve - Selflessly serve another individual

TIME + REPETITION = FORMATION

Will you commit to the challenge?

Name: _____

Date Started: _____

DAY 1

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 1

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 2

MOVE

PRAY

- + What is something you are grateful for?
- + What is something you need from God?
- + What is something someone else needs from God?

READ

- + Luke 2

SACRIFICE

- + What did I giveup today?

SERVE

- + How did I help someone today?

DAY 3

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 3

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 4

MOVE

PRAY

- + What is something you are grateful for?
- + What is something you need from God?
- + What is something someone else needs from God?

READ

- + Luke 4

SACRIFICE

- + What did I giveup today?

SERVE

- + How did I help someone today?

DAY 5

MOVE

PRAY

- + What is something you are grateful for?
- + What is something you need from God?
- + What is something someone else needs from God?

READ

- + Luke 5

SACRIFICE

- + What did I giveup today?

SERVE

- + How did I help someone today?

DAY 6

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 6

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 7

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 7

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 8

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 8

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 9

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 9

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 10

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 10

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 11

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 11

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 12

MOVE

PRAY

- + What is something you are grateful for?
- + What is something you need from God?
- + What is something someone else needs from God?

READ

- + Luke 12

SACRIFICE

- + What did I giveup today?

SERVE

- + How did I help someone today?

DAY 13

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 13

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 14

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 14

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 15

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 15

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 16

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 16

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 17

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 17

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 18

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 18

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 19

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 19

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 20

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 20

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 21

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 21

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 22

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 22

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 23

MOVE

PRAY

- + What is something you are grateful for?
- + What is something you need from God?
- + What is something someone else needs from God?

READ

- + Luke 23

SACRIFICE

- + What did I giveup today?

SERVE

- + How did I help someone today?

DAY 24

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Luke 24

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 25

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts I

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 26

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts 2

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 27

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts 3

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 28

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts 4

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 29

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts 5

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 30

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts 6

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 31

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

_____

_____

_____

READ

+ Acts 7

_____

_____

SACRIFICE

+ What did I giveup today?

_____

SERVE

+ How did I help someone today?

_____

_____

DAY 32

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts 8

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 33

MOVE

PRAY

- + What is something you are grateful for?
- + What is something you need from God?
- + What is something someone else needs from God?

_____

_____

_____

READ

- + Acts 9

_____

_____

SACRIFICE

- + What did I giveup today?

_____

SERVE

- + How did I help someone today?

_____

_____

DAY 34

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts 10

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?

DAY 35

MOVE

PRAY

+ What is something you are grateful for?

+ What is something you need from God?

+ What is something someone else needs from God?

READ

+ Acts II

SACRIFICE

+ What did I giveup today?

SERVE

+ How did I help someone today?