



FLATIRONS  
**KIDS**





# 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:**

- **Move** – Take care of your body by moving it every day. Go outside, stretch, play, or do something active.
- **Read** – Read one chapter from the Bible. Start with Jesus' story and see what He says.
- **Pray** – Talk to God like a friend. Say what you're thankful for, what you need help with, and what's on your mind.
- **Sacrifice** – Give up something you like for a day to make space for God. It could be screen time, snacks, or something else you choose.
- **Serve** – Do something kind for someone else without being asked. Help out, encourage, or share.

# DAY 1

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 1

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 2

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 2

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 3

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 3

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 4

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 4

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 5

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 5

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 6

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 6

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---



# DAY 7

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 7

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 8

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 8

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 9

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 9

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 10

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 10

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 11

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 11

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 12

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 12

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---



# DAY 13

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 13

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---



# DAY 14

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 14

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 15

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 15

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 16

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 16

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 17

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 17

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 18

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 18

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---



# DAY 19

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 19

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 20

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 20

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 21

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 21

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 22

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 22

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 23

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 23

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 24

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Luke 24

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---



# DAY 25

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts I

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 26

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 2

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 27

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 3

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 28

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 4

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 29

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 5

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 30

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 6

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---



# DAY 31

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 7

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 32

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 8

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 33

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 9

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 34

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts 10

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---

# DAY 35

## MOVE

## PRAY

- + What's one thing you're thankful for today?
- + What's one thing you want to ask God for?
- + What's one thing you can ask God to help someone else with?

---

---

---

---

## READ

- + Acts II

---

---

---

## SACRIFICE

- + What did I give up today?

---

## SERVE

- + How did I help someone today?

---

---