

21-day Challenge

Prayerfully determine which facet of your life (physical, spiritual, or relational) God wants to impact next. Do one simple thing in that area for 21 days in a row. Choose something sustainable (even well beyond 21 days). This is about life change, not a temporary adjustment. It's about forming new habits.

- ❖ Pray about it every day.
- ❖ Choose an accountability partner.
- ❖ If you miss a day, get right back to it.



Physical

- ❖ Walk for 30 minutes.
- ❖ De-stress for 30 minutes (e.g., stretching, deep breathing, massage, classical music, chamomile tea, bubble bath).
- ❖ Eat only fresh fruit, vegetables, legumes, and grains.
- ❖ Drink 64 ounces of water.
- ❖ Sleep eight hours (10:00 p.m. to 6:00 a.m.).
- ❖ Avoid junk food and fast food.
- ❖ _____

Spiritual

- ❖ Read a story or chapter in the Bible.
- ❖ Pray for at least five minutes without distractions.
- ❖ Read a devotional (spiritual article).
- ❖ Have a spiritual conversation with someone (e.g., ask a spiritual question, listen to another's spiritual story, share God's story).
- ❖ _____

Relational

- ❖ Eat family meals without the TV on. Discuss real life – opinions, difficulties, joys, etc.
- ❖ Have a meal, coffee, or tea with a friend (weekly). Discuss real life.
- ❖ Go on a date with your spouse (weekly). Discuss real life. Enjoy each other.
- ❖ Tell a family member or friend something you love about him/her or something you need help with.
- ❖ Write a card of appreciation to someone.
- ❖ Pray for (or with) a family member or friend.
- ❖ Volunteer with a community charity (weekly).
- ❖ _____



Colossians 3:10 Put on your new nature, and be renewed as you learn to know your Creator and become like Him.