

31 day Challenge

1	2	3	4	5	6	7
<p>Read Psalm 46:10 Take a deep breath. Instead of reaching for your favorite vice, take a deep breath, focus on the gift it is, and thank God for His care over your life.</p>	<p>Read Psalm 42:2 Instead of snacking at all today, drink some water. Thirst is often mistaken for hunger, so allow yourself something healthy in place of junk.</p>	<p>Read Proverbs 29:18 Write down a paragraph that describes an "ideal" you 30 days from now. Then ask God to lead you to become that person.</p>	<p>Read Revelation 12:7-12 Tell someone something you are now free from that you once felt stuck doing. Celebrate your Christ-empowered independence.</p>	<p>Read Ecclesiastes 4:9-12 Write a quick email to someone that is encouraging and affirming for how they bless your life. While you're at it, tell God in a prayer something similar.</p>	<p>Read Song of Solomon 4:2 Spend a good 10-15 minutes cleaning your teeth. Then smile. You have a great one (whether you realize it or not). Enjoy it.</p>	<p>Read Luke 14:28-33 Think about a decision you need to make, and write down on paper the pros and cons of it. When you're done, consider the gift of choice and freewill.</p>
8	9	10	11	12	13	14
<p>Read 1 Timothy 4:8 Exercise. It doesn't have to be complicated – just something that pushes you past your normal pace. While you sweat, sing praise songs.</p>	<p>Read Genesis 1:29; 9:1-3 Go shopping in your grocery store, but limit yourself to buying something only on the perimeter of the store. Praise God for self-control, and use it as you shop!</p>	<p>Read 1 Corinthians 10:23 Set up to record a TV show you might watch. But don't watch it - delete it. (This may seem like an odd exercise, but it will help strengthen your discipline)</p>	<p>Read 1 Timothy 1:16 Make some tea. But don't just boil the water and walk away. Wait for it to boil, then wait for the tea bag to soak into it. Shoot the breeze with God about your life as you do.</p>	<p>Read Proverbs 23:4 Downsize something in your life. Maybe it's physical space in your home or giving away materials from an old hobby to a neighbor to build a friendship. Thank God for resourcing your life.</p>	<p>Read Ecclesiastes 11:6 Start a hobby – something that uses your hands and mind. Give yourself at least a week on it, and take note of the abilities the Lord has wired you with.</p>	<p>Read James 3:10 Develop a new word you're going to say this week when you are angry... something that isn't profanity but a refreshing alternative. Try to gets others saying it, too..</p>
15	16	17	18	19	20	22
<p>Read 1 Peter 1:13 Pack a bag of workout clothes and put it in your vehicle. Plan on sometime today or in the next few days engaging in a spontaneous run, walk, or exercise.</p>	<p>Read Colossians 3:13 Forgive someone completely. This is a 100% letting go and choosing to not ever, ever hold it against him/her or bring it up as ammunition in a future conflict.</p>	<p>Read Proverbs 21:20 Look through your cupboard and fridge and decide what doesn't belong there. Pour it out, trash it, or donate it to Connection Cupboard (as is appropriate).</p>	<p>Read Proverbs 19:11 You know that one thing that happened that one time when you gathered with the church? That one thing said or done that bothered you? Let it go... and show up to your next gathering with a clean joy.</p>	<p>Read Romans 14:1-8 Decide that for the next seven days you will not eat out. No fast food, take out, or restaurants, but entirely food you from your own groceries and kitchen. Drinks are fine, but no food. Just let what's already around you be a blessing!</p>	<p>Read Isaiah 5:11 Set your watch ten minutes early. Then forget you did. Use this extra ten minutes to get to stuff ahead of time, prepare tasks without being under pressure, and enjoy the company of those you're with. Time is a gift – open it.</p>	<p>Read Psalm 34:8 Treat yourself to some pizza with one of your favorite toppings. Enjoy that God has made healthy tastes that don't need to wreck your life.</p>
22	23	24	25	26	27	28
<p>Read Proverbs 17:27 Be "wasteful." Put your normal portion of food on your plate, but leave at least 1/3 of everything and scrape it into the garbage when you're done with the rest. Imagine what else you need to do this with in life.</p>	<p>Read Mark 1:35 Set your alarm clock for an earlier time tomorrow than normal, and move it to the other side of the room so you have to get up. Use that time to spend with God in the Bible.</p>	<p>Read Genesis 1:27 Make a better banana split. Split a banana, add three "scoops" of watermelon and then top with strawberries, chopped nuts and a vanilla yogurt. Don't forget the cherry on top! Why? Because God is creative, and so are you.</p>	<p>Read Psalm 98 Ask a friend or family member for a list of their favorite songs. Find a way to listen to them this week and appreciate someone else's tastes in tunes</p>	<p>Read Proverbs 27:17 Phone a friend – someone you can get together with on the fly and hang out to do something positive. Tell them about anything you're dealing with they can actively support you on.</p>	<p>Read Matthew 5:23-26 Face a fear in a relationship – something that you've settled for status quo or avoidance instead of doing the hard, ugly work of working it out. Don't give up.</p>	<p>Read 1 Corinthians 15:33 As you walk around today, write down the names of people who add to your life in a positive way. Then at the end of your day, thank the Lord for them by name.</p>
29	30	31				
<p>Read Proverbs 13:4 What is one thing God has asked you to do that you've put off? Get to doing it... like right now. Go on... right now. As in, now. Yeah – NOW.</p>	<p>Read Deuteron. 30:19 If there is a decision you've been putting off, spend the next 24 hours with God on it, and then once they have passed run with the choice that you sense He's most guiding you toward.</p>	<p>Read Matthew 5:30 Identify one comfort zone or bad habit you drift into when you're anxious. And then decide what you will do instead. Picture yourself doing that even now, before the situation happens.</p>				