



WEEK FIVE

THE CORE CHALLENGES

1) DO NOT GET DRUNK. REMAIN SOBER-MINDED & PORNOGRAPHY FREE. +1

3) MEMORIZE EPHESIANS 4:1 THIS WEEK. RECITE IT TO YOUR SQUAD. +1

2) READ THE ENTIRE BOOK OF EPHESIANS THIS WEEK. ALSO, LISTEN TO THE ENTIRE BOOK AT LEAST ONCE THIS WEEK. +1

4) CREATE & SHARE A GRATITUDE LIST OF AT LEAST 100 DIFFERENT THINGS THIS WEEK. +1

5) MEET IN PERSON W/ AT LEAST 1 SQUAD MEMBER THIS WEEK. PRAY WITH THEM. +1

6) COMPLETE & REPORT 5 SQUAD LEADER APPROVED WORKOUTS OF YOUR CHOICE THIS WEEK. +1

8) AS A SQUAD, ACCUMULATE 90 MINUTES OF DEAD HANGS FROM A BAR THIS WEEK. +1

7) COMPLETE THE 4 ATTACHED MEAL REPLACEMENTS THIS WEEK. +1

MINUTES MUST BE REPORTED DAILY IN ORDER TO COUNT.

FOR EACH MEAL REPLACEMENT, FAST FROM A MEAL YOU WOULD NORMALLY EAT. DURING THAT TIME, REPLACE THE MOMENTS YOU WOULD BE EATING W/ TIME OF INTENTIONAL PRAYER AND STUDY. SEE THE ATTACHMENT FOR THE GUIDE TO EACH MEAL REPLACEMENT.

9) GIVE UP CAFFIENE FOR AT LEAST 1 DAY (24 HOURS STRAIGHT) THIS WEEK. +1

10) REPLACE ANY/ALL SNACKS YOU'D NORMAL EAT THIS WEEK W/ ONLY FRUITS & VEGGIES. +1

ALL CORE CHALLENGES MUST BE COMPLETED BEFORE RECEIVING CREDIT FOR THE REST. POTENTIAL FOR UP TO 10 POINTS EACH WEEK.



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MEAL REPLACEMENTS

1- DO A DEEP STUDY INTO 1 VERSE FROM EPHESIANS. USE BIBLICAL TRUSTED RESOURCES TO LEARN MORE ABOUT IT. TAKE TIME TO APPLY THAT PASSAGE DIRECTLY TO YOUR LIFE. SHARE WHICH PASSAGE YOU CHOSE AND WHY YOU CHOSE IT WITH YOUR SQUAD.

2- PRAY FOR EACH OF THE MEMBERS IN YOUR SQUAD. TAKE TIME ASKING GOD TO BLESS, PROTECT, & GROW EACH OF THE BROTHERS IN YOUR SQUAD.

3- PRAY FOR 3 PEOPLE IN YOUR LIFE THAT NEED ENCOURAGEMENT IN THIS SEASON. ASK GOD TO STRENGTH, ESTABLISH, & ENCOURAGE THEM IN HIMSELF. SEND AN ENCOURAGING MESSAGE TO EACH OF THEM.

4- SIT IN SILENCE/SOLITUDE. REMOVE DISTRACTIONS LIKE YOUR PHONE, MUSIC, & PEOPLE IF POSSIBLE. SPEND THAT TIME TALKING TO GOD & LISTENING FOR WHAT HE'S TRYING TO TEACH YOU IN THIS SEASON. IF POSSIBLE, DO THIS OUTSIDE & TAKE YOUR BIBLE WITH YOU.