



WEEK SIX

THE CORE CHALLENGES

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

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

2) READ THE ENTIRE BOOK OF PHILIPPIANS THIS WEEK. ALSO, READ 5 ADDITIONAL CHAPTERS OF SCRIPTURE THIS WEEK. +1

5) PRAY ON YOUR KNEES EVERY MORNING & EVERY EVENING THIS WEEK. ASK GOD TO BE GLORIFIED IN YOUR LIFE & REFLECT ON HOW IT WENT EACH NIGHT. +1

3) MEMORIZE EPHESIANS 4:2-3 THIS WEEK. RECITE IT TO YOUR SQUAD. +1

6) FIND 3 "ONE ANOTHER" PASSAGES FROM PAUL'S LETTERS THAT RESONATE W/ YOU. SHARE THEM W/ YOUR SQUAD & FIND A WAY TO DO THEM W/ SOMEONE IN YOUR LIFE THIS WEEK. +1

8) DRINK AT LEAST 64 OUNCES OF WATER DAILY THIS WEEK. +1

7) ACCUMULATE A TOTAL OF 300 BURPEES THIS WEEK. +1

9) CLEAN ALL OF THE FLOORS IN YOUR HOUSE THIS WEEK. +1

10) SIT IN GOD'S CREATION & ADMIRE HIS POWER. SLOW DOWN & TAKE IN AT LEAST 1 SUNSET & 1 SUNRISE THIS WEEK. +1

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