



WEEK EIGHT

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 1 & 2 THESSALONIANS THIS WEEK. +1

5) PICK ONE PASSAGE OF SCRIPTURE (1-4 VERSES). READ IT, QUIETLY REFLECT ON IT, & PRAY OVER IT FOR A FEW MINUTES DAILY THIS WEEK.

3) MEMORIZE EPHESIANS 4:1-6 THIS WEEK. RECITE IT TO YOUR SQUAD. +1

USE THE SAME PASSAGE ALL WEEK. +1

6) AS A SQUAD, READ 250 PAGES OF CHRISTIAN BOOKS THIS WEEK.

9) SHARE YOUR SCREEN TIME REPORT W/ A BROTHER WHO WILL HOLD YOU ACCOUNTABLE AFTER FIGHT CLUB.

SHARE WHAT BOOK YOU CHOSE W/ YOUR SQUAD. +1

DISCUSS W/ THEM YOUR MOST USED APPLICATIONS. CREATE & IMPLEMENT A PLAN TO BETTER STEWARD YOUR TIME ON YOU PHONE W/ THEM. +1

7) ACCUMULATE 30 TOTAL MINUTES OF PLANK HOLDS THIS WEEK. +1

8) EAT 1 SERVE OF RAW FRUIT & 1 SERVING OF RAW VEGGIES DAILY THIS WEEK. +1

10) ASK YOUR SQUAD LEADER OR SPOUSE TO GIVE YOU 1 UNHEALTHY HABIT/FOOD TO GIVE UP THIS WEEK. +1

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