



WEEK THREE

THE CORE CHALLENGES

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

2) READ THE ENTIRE BOOK OF 2 CORINTHIANS THIS WEEK. +1

3) MEMORIZE ECCLESIASTES 4:11-12 THIS WEEK. RECITE IT TO YOUR SQUAD. +1

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

5) AS A SQUAD, WORK TOGETHER TO THOUGHTFULLY & SACRIFICIALLY BLESS AN INDIVIDUAL, OR FAMILY, IN YOUR SPHERE THAT NEEDS ENCOURAGED THIS WEEK. +1

6) AS A SQUAD, EAT 12 SERVINGS OF FRUITS OR VEGGIES DAILY THIS WEEK.

MUST BE REPORTED EACH DAY IN ORDER TO COUNT. +1

9) FAST FROM 6 MEALS THIS WEEK.

USE THE TIME YOU'D USUALLY BE EATING TO PRAY AND READ SCRIPTURE. MUST BE AT LEAST 30 CONTINUOUS MINUTES. +1

7) DO 50 PUSH-UPS DAILY THIS WEEK. +1

8) CONSUME EXCLUSIVELY GOD CENTERED & GLORIFYING MEDIA (MUSIC & PODCASTS) THIS WEEK. +1

10) HUSBANDS, ASK YOUR WIFE TO GIVE YOU A SPECIFIC TASK TO DO FOR HER THIS WEEK IN AN EFFORT TO LOVE HER WELL. BE SPECIFIC & REALLY SACRIFICE FOR HER. +1

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