



WEEK FOUR

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 GALATIANS THIS WEEK. +1

3) MEMORIZE ECCLESIASTES 4:9-12 THIS WEEK. RECITE IT TO YOUR SQUAD. +1

5) SPEND 10 MINUTES ALONE W/ GOD IN PRAYER DAILY THIS WEEK. MAKE SURE THIS TIME IS DISTRACTION FREE. +1

6) ACCUMULATE 12 MILES OF RUNNING/WALKING THIS WEEK. MILES MUST BE REPORTED EACH DAY IN ORDER TO COUNT. MILEAGE MUST BE TRAVELED DURING SET ASIDE TIMES (NOT THROUGHOUT WORK DAY). EACH MILE TRAVELED W/ MEMBER(S) OF YOUR SQUAD OR AT LEAST 1 MEMBER OF YOUR HOUSEHOLD COUNT AS 2 TOWARD YOUR TOTAL. +1

8) PRAY W/ YOUR ENTIRE HOUSEHOLD AT LEAST 5 TIMES THIS WEEK. TAKE TIME TO ASK GOD TO PROTECT, BLESS, & PROVIDE FOR YOUR FAMILY. +1

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

9) MARRIED MEN, TAKE YOUR WIFE ON A MEANINGFUL DATE THIS WEEK. SINGLE MEN, SHARE AN INTENTIONAL MEAL W/ ONE PERSON FROM THE CHURCH. +1

10) NO SCREEN TIME DURING ANY MEALS THIS WEEK! UTILIZE THAT TIME TO BE INTENTIONAL W/ PEOPLE & DISCONNECTED FROM TECHNOLOGY. +1

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