



WEEK SEVEN

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 COLOSSIANS 3X THIS WEEK. AT LEAST 1X IN A PHYSICAL COPY & 1X AUDIO. +1

5) SET AN ALARM FOR THE SAME TIME EVERY DAY THIS WEEK. SPEND A FEW MINUTES PRAYING FOR YOUR CHURCH FAMILY DURING THAT TIME. +1

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

6) DRINK 64 OZ OF WATER DAILY THIS WEEK. +1

8) AS A SQUAD, CARRY A 50 LB RUCK PACK A TOTAL OF 10 MILES THIS WEEK. +1

7) HUSBANDS, ASK YOUR WIFE TO GIVE YOU A SPECIFIC MEAL TO PLAN, PREPARE, & CLEAN UP FOR HER THIS WEEK IN AN EFFORT TO LOVE HER WELL.

SINGLE MEN, PLAN, PREPARE, & CLEAN UP A MEAL FOR SOMEONE IN YOUR HOUSEHOLD OR IMPORTANT IN YOUR LIFE THIS WEEK. +1

9) GOD CALLS US TO GIVE THINGS UP IN OUR PURSUIT OF HIM. AS A SQUAD, CHOOSE 3 IN A ROW ON THE ATTACHED CARD TO GIVE UP THIS WEEK.

AS AN INDIVIDUAL GIVING UP ALL 3 OF THE AGREED UPON THINGS. +2

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



WEEK SEVEN

TIC-TAC NO

**NO
ALCOHOL
THIS WEEK**

**NO SOCIAL
MEDIA THIS
WEEK**

**NO EATING
AFTER 8
PM THIS
WEEK**

**NO
DESSERTS
OR SWEET
TREATS
THIS WEEK**

**NO GAMING
(CONSOLE
OR PHONE)
THIS WEEK**

**NO SOCIAL
MEDIA OR
NEWS THIS
WEEK**

**NO
SCREENS
DURING
MEALS
THIS WEEK**

**NO
SUGARY,
ENERGY,
OR SODA
DRINKS
THIS WEEK**

**NO
HITTING
SNOOZE
THIS WEEK**