

One Year Challenge - Simple Start Up

(Meal vs. Study 2- 5 minutes)

1. Please → **READ 5 days & PICK** which **days** you will **SEND OYC THOUGHTS**

a. **Person # 1** → will send OYC thoughts **THREE** of the FIVE Days: Who is → **Person # 1** _____

M

Sun. Night
or
Mon. Morn.

W

Tues. Night
or
Wed. Morn.

F

Thurs. Night
or
Fri. Morn.

b. **Person # 2** → will send OYC thoughts **TWO** of the FIVE Days: Who is → **Person # 2** _____

T

Mon. Night
or
Tues. Morn.

TH

Wed. Night
or
Thurs. Morn.

(Sticky note on mirror or monitor)

2. Please **PICK** a **PRIMARY** Habit & a **BACK up** Habit

a. **PRIMARY** habit can be:

- At NIGHT before **DINNER** or **SHOWER** or **BED TIME**
- The next MORNING before **Breakfast** or **Leaving** or **Starting Work**

My **PRIMARY** Habit is
BEFORE _____

b. **BACK UP** habit can be:

- The next MORNING before **Breakfast** or **Leaving** or **Starting Work**
- Before eating **Lunch** or **Leaving WORK**

My **BACK UP** Habit is
BEFORE _____

3. Please → **Talk** or **Hang out** once a month. The key to the OYC is building a true friendship.

Thus, having 10-30 minutes to catch up on life, laugh and talk about daily life is essential to the OYC. This is why it is great for two OYC partners to go to the same service. They can hang out after service & just enjoy catching up on life.

4. If **NOT FAITHFUL** → **SHUT down** the OYC (Please read pt. 4 out loud)

You have a great chance to BLESS your partner or to BREAK their HEART by not being faithful.

- If your partner starts to skip times → be secure and ask them if they want to shut down the OYC.
- If they continue to miss – after they promised to be more faithful, simply graciously release them & shut down the OYC.