

**** This is a plan ahead activity.**

Day 1: Let the world know.... I AM COMMITTED

Snap a selfie and share it on social media letting the world know (or at least your friends) that you are committed in your singleness.

WARNING: Once you post this, people are going to be watching your commitment. Post confidently. You got this.

#IAmCommittedInMySingleness

#NoWedNoBed

#Day1

#NoCompromise

#InnovationChurch

****Be sure to tag Innovation Church**

Day 2: Establish A Life Verse

Find a Bible verse that speaks to you and make it your life verse for the next 20 days. Focus on having it memorized by the end of this challenge. Post it where you can see it every day. Speak it over your own life. Believe it!!

Day 3: The Letter.

Write a letter to the Lord about where you are in your singleness. Write about the good, the bad and the sometimes "ugly". Talk about the joys and blessings - what you like about being single. Share with Him, your fears and concerns about being single. Ask Him to also heal the hurts from your past and help you find contentment in this current season. End the letter with a list of AT LEAST 10 (there can certainly be more) things you are grateful that this season (of being single) brings you. No one will see this BUT YOU so be honest and remember you are writing to your loving and understanding Father!

Day 4: Unplug

Spend the entire day away from social media. No Facebook. No Twitter. No Instagram. Instead do something creative. Read a book. Exercise. Catch up on a project you've been working on. **Just say "no" to the scroll.**

Day 5: The Person I Want to Be

Today's task is to write down the qualities of the person that you want to be and the steps that you need to make in order to move towards becoming THAT person.

**** Day 6: "Me" Time**

Today, you will date yourself. Take yourself out for the night, or even stay in for the night, order pizza and watch your favorite movie. It's your time. It doesn't have to be an all nighter, a couple of hours could work if you can't sacrifice an entire day. Also, the time of day you choose does not matter. A breakfast or lunch date with yourself would work just fine. **Make every effort to do this activity.**

Day 7: Do something that makes you happy or laugh.

Watch a movie or video that makes you smile every time you see it or a series of funny videos that create side hurting laughs. Being happy is a choice. Choose to do something today that makes you happy.

Day 8: Prayer Walk

Go on a prayer walk and pray for family and friends and others you know that may be going through a difficult time. **This** time should be about praying for others.

Day 9: Today's Focus: Make Time for Family

We all lead busy lives and at times, the things that really matter get moved to the bottom of our long lists of to do's. Family is important but it requires a certain level of intentionality. Spend some time today connecting or reconnecting with family. A simple phone call to your parents, your grandparents, a siblings (or any family member) can mean a lot. Go ahead - make time for family!!

Day 10: Enjoy a Friend

Invite a friend to join you for breakfast, lunch OR dinner today.

Snap a pic and share the fun on social media using the hashtags below.

#ImCommitted

#21DaySinglesChallenge

#Friends

#Innovation Church

Day 11: Dream

Spend some time throughout the day **dreaming**. What dreams and goals would you like to accomplish in your life. What would you do if money were no object? Do you feel the Lord leading or calling you to do something? What gifts and talents has he given you that you have yet to show others? Write those dreams down and put them in a visible place where you will see them often as a reminder that those dreams, giftings and desires are **worth pursuing**. **Go ahead and DREAM!!!!**

Day 12: What's really important

Write down the 3 most important things to you in a future spouse. Limit it to just 3. You might have a longer list, but think about what is the most important. Is it looks? Is it thier faith? Do you want them to be family oriented? Financially responsible? Strong Work Ethic? ***This is personal. Please do not share these on social media.***

Day 13: What You Don't Want

Write down the 3 things that you absolutely CAN NOT have in a future spouse. What are your deal breakers when it comes to dating someone or the person that you want to marry? Keep this list handy so you can refer back to it (if needed).

Day 14: Be daring

Do something daring today. Something out of the norm for you. Get outside your comfort zone. Try something new - a new food or a new color lipstick or nail polish.

Day 15: Write a Thank You Note

Write a THANK YOU note to someone that encouraged you, supported you, been there for you when you needed them, done something nice for you. Let them know how thankful you are (to God) for them. You can send it as an email or a text message or even get a card and send it to them in the mail. However you choose to send it is up to you - just do it!!

Day 16: Memories

Create a "new" memory today. Go on a picnic with someone you love (kids you love are great tag alongs for this activity). Do something that will make you look back at and say, "I'm glad I did this or that" Take a selfie to commemorate this day and your new memory.

#ImCommitted

#ImCreatingNewMemories

#InnovationChurch

Day 17: Positive Thoughts & Words Only

Think positively about yourself and others today. Speak positively about yourself and others. Be conscious of purposeless, negative or self defeating thoughts and words. They are NOT allowed.

Day 18: Clean Up and Out

Go through your social media accounts and get rid of (unfriend and unfollow) those that are negative, messy and ungodly. And while you're at it, go ahead and delete a few people out of your phone contacts that continuously tie you to your past or ungodly relationships.

Day 19: Girls' Night In

Plan a girls' night for tonight with your besties. Have a spa night, movie night, game night, or craft night. Or choose another theme. Make it a time to relax and enjoy being together.

M Day 20: Serve Someone In Need

Volunteer at your church or a non-profit in your area. Make a decision to become a mentor or tutor and contact who you need to, to follow through on your decision. Volunteer to help feed the homeless. Volunteer to babysit for a family member

with kids so they can enjoy some time to do something beneficial to them (like rest) or volunteer to host a family dinner in the near future.

Day 21: Commit to Learning Something New

Enroll in a class at your local library. Take ballroom dance lessons. Learn to play an instrument. Sign up for an art class or a cooking class. Make the investment in yourself.

A BONUS WORTH TRYING.....

Prepare a "encouragement" box, envelope or note that you refer to whenever you need a pick me up or need to be encouraged in your season as a single man or woman. Ideas of what to include:

- Things that inspire you
- Cards with Bible verses that remind you that you are not alone
- Your favorite book
- Your favorite movie
- Your vision board
- Things that make you laugh
- Videos
- Things that connect you to the people that you love
- Cards, Letters & notes you have saved
- Things that make you feel pampered
- Candle with your favorite scent
- Things that make you feel grateful
- A gratitude journal

“I’M COMMITTED” 21 DAY SINGLES CHALLENGE”

If you are single, Satan is coming for you.

Honestly, he’s coming after all of us, however there are some unique dangers in singleness – especially in those who strongly desire marriage. If seeking that certain someone has turned into your life’s primary focus, you’re setting yourself up for a lot of unnecessary pain and disappointment. Satan loves to deceive and discourage Christian singles and derail our devotion and ministry. But God intends to use you, your faith, your time, and your singleness in far reaching ways - right now, just as you are.

If God intends for you to marry, you will meet your future spouse only when the Lord’s appointed time arrives. Nothing you can do will make that day come any sooner. So why waste precious time in a futile and demeaning search that leaves you feeling unloved, unwanted, and unsuccessful?

Why not use those days, months or years to deepen your walk with God and grow more mature as an individual? Both of these endeavors will make you more attractive to that future spouse when you eventually meet.

THIS 21 Day Singles Challenge is not about doing what you FEEL. It’s about being committed to Christ first, and focusing (or refocusing) on what’s important. The hardest part of any challenge is taking the first step - simply doing it. Remember the day you gave your life to the Lord. You took that first step and God met you right where you were. Remember how “renewed” you felt, how committed you were and intentional you were. Not allowing anything or anyone to get in the way of what you were experiencing.

Then life happens and somehow our commitment to our walks with the Lord gets lost in the hustle of our day to day and we forget to make time for being intentional. We get side tracked, we begin comparing ourselves with others, we allow loneliness and lust to take root in our hearts. We get selfish. We get thoughtless. Slowly. Each passing day pulls us further and further away. And then. Sometimes, we fall.

But the beauty in all of this, is that - it is so easy to turn it all around. Repent and Commit. Ask the Lord for forgiveness in any areas that you have exhibited behaviors or actions that are not in line with what He desires for you (and his Word). And (Re)Commit to Him. Commitment is intentional. Remember, being COMMITTED is doing the “thing” that you said you were going to do, long after the mood you said it in has left you. Once the challenge is complete, you may want to do it again, and again! Reconnecting over and over again. GREAT! Keep it going.

By completing this challenge you commit to:

- Abstaining from sex until marriage
- Committing to use your time, talents and treasures to further God’s work (kingdom) in this earth.

INNOVATION CHURCH

“I’M COMMITTED” 21 DAY SINGLES CHALLENGE

SCRIPTURAL REFERENCES

1 Corinthians 7:32-35 "I would like you to be free from concern. An unmarried man is concerned about the Lord's affairs—how he can please the Lord. But a married man is concerned about the affairs of this world—how he can please his wife— and his interests are divided. An unmarried woman or virgin is concerned about the Lord's affairs: Her aim is to be devoted to the Lord in both body and spirit. But a married woman is concerned about the affairs of this world—how she can please her husband. I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord."

2 Corinthians 6:14 "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?"

Song of Solomon 3:5 "Daughters of Jerusalem, I charge you by the gazelles and by the does of the field: Do not arouse or awaken love until it so desires."

Matthew 6:33 "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Isaiah 54:5 "For your Maker is your husband—the Lord Almighty is his name—the Holy One of Israel is your Redeemer; he is called the God of all the earth."

John 15: 5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

John 15:16-17 "You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other."

1 Timothy 6:6-8 "But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."

Isaiah 43:1-2 "But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Isaiah 55:8-9 "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

Isaiah 30:18 "Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!

Isaiah 40:31 "but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. "

Lamentations 3:25 "The Lord is good to those whose hope is in him, to the one who seeks him."