Faithful 40 CHALLANGE

BUILDING HOLY HABITS IN 40 DAYS

The Faithful 40 Challenge was created to help you establish Holy Habits that will bless your life far beyond 40 days. It is an invitation for you to step out of your physical and/or spiritual slump into a new way of being. Therefore, prayerfully choose how you will fulfill each part of this challenge. Take into consideration weekends, holidays, your preferences, your other obligations, and where you are at today so that each part can become a Holy Habit that is sustainable long after the 40 day challenge is over.

Faithful 40 Challenge *checklist*

- ☐ **Wake up** - Choose a time that you will be out of bed each day.
- ☐ **Prayer** - Take a 15 minute prayer walk outside. Leave your phone behind and spend time in nature with God.
- ☐ **Scripture** - Be in scripture every day. Decide when and where this will happen, what your study will entail and how long it will be.
- ☐ **Gratitude** - Record 3 things you are grateful for. No repeats.
- ☐ **Exercise** - Make an exercise plan. Not every day needs to be the same. Decide the kind and duration of your exercise.
- ☐ **Food** - Decide how you will eat. Make a structured plan and follow it.
- ☐ **Water** - Drink a minimum of 64 ounces of plain water daily.
- ☐ **Reading** - Read 10 minutes of non-fiction daily. Audiobooks or listening don't count.
- ☐ **Creative Expression** - Choose to do one of the following each day.
  - 1 hour on a God sized Goal
  - 20 minutes of talent development or enjoyment
  - 1 chore or task you have been putting off
  - Handwrite 2 (or 3) pages of your thoughts, journaling or a story
- ☐ **Accountability** - Choose how you will keep yourself accountable. Some ideas: take a daily selfie, text a friend, fill out the tracker

Faithful 40 CHALLANGE WORKSHEET

BUILDING HOLY HABITS IN 40 DAYS

Wake up - I am out of bed by: _____

Prayer - I take a 15 minute prayer walk outside without my phone.

Scripture - I study: _____

_____

_____

Gratitude - I record 3 things I am grateful for. (No repeats.)

Exercise - I move my body by: _____

_____

_____

Food - I nurish my body by: _____

_____

_____

Water - I drink a minimum of 64 ounces of plain water daily.

Reading - I read 10 minutes of non-fiction daily. (Audiobooks or listening don't count.)

Creative Expression - I choose to do one of the following each day.

- 1 hour on a God sized Goal
- 20 minutes of talent development or enjoyment
- 1 chore or task I have been putting off
- Handwrite 2 (or 3) pages

Accountability - I hold myself accountable by: _____

_____

Faithful 40 CHALLANGE TRACKER

BUILDING HOLY HABITS IN 40 DAYS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O
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Faithful 40 CHALLANGE IN 40 MIN TRACKER

BUILDING HOLY HABITS IN 40 DAYS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
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Faithful 40 CHALLANGE

BUILDING HOLY HABITS IN 40 DAYS



Wake up



15 Prayer Walk



Dedicated Scripture Study.



Gratitude Journal 3 Things



Specific Exercise Plan



Specific Food Plan



64 oz of Water



10 min Non-Fiction Reading



Creative Expression



Accountibility

Faithful 40 CHALLANGE IN 40 MIN

BUILDING HOLY HABITS IN 40 DAYS

Amazing things don't have to take all our time.
We Wake Up, Eat and Drink anyway.
Make your Prayer Walk your Exercise, your Scripture time your non-fiction Reading and your Gratitude Journal your Accountability. That is only 30 minutes. Add a 10 minute Chore, Task or Talent Development and you have only spent 40 minutes.



Wake up



15 Prayer Walk - Prayer + Exercise



10 minute Scripture Study.



5 minute Gratitude Journal is your Accountibility



Specific Food Plan



64 oz of Water



10 minute Chore, Task or Talent

Faithful 40 CHALLANGE

BUILDING HOLY HABITS IN 40 DAYS



Wake up



15 Prayer Walk



Dedicated Scripture Study.



Gratitude Journal 3 Things



Specific Exercise Plan



Specific Food Plan



64 oz of Water



10 min Non-Fiction Reading



Creative Expression



Accountability

Faithful 40 CHALLANGE IN 40 MIN

BUILDING HOLY HABITS IN 40 DAYS

Amazing things don't have to take all our time.
We Wake Up, Eat and Drink anyway.
Make your Prayer Walk your Exercise, your Scripture time your non-fiction Reading and your Gratitude Journal your Accountability. That is only 30 minutes. Add a 10 minute Chore, Task or Talent Development and you have only spent 40 minutes.



Wake up




15 Prayer Walk - Prayer + Exercise




10 minute Scripture Study.




5 minute Gratitude Journal is your Accountibility



Specific Food Plan



64 oz of Water



10 minute Chore, Task or Talent