

DAY ONE	DAY TWO	DAY THREE	DAY FOUR
<p><b>Philippians 4:13</b> For I can do everything through Christ, who gives me strength.</p> <p>Today reflect on how you will use his strength and guidance for the next 30 days. What are your goals for this challenge? How will you become the best version of you in the next 30 days?</p>	<p><b>Look in, up, and out</b></p> <ol style="list-style-type: none"> <li>1. Look in to prepare your heart</li> <li>2. Look up to God for strength and guidance</li> <li>3. Look out with the help of others you can achieve more.</li> </ol>	<p><b>Genesis 2:18</b> Then the LORD God said, “It is not good for the man to be alone. I will make a helper who is just right for him.”</p> <p>Think of a few family members/friends that help you and care for you. Ask them to be a part of this journey with you. Ask them to hold you accountable and encourage you along the way.</p>	<p><b>Ecclesiastes 4:9</b> Two people are better off than one, for they can help each other succeed.</p> <p>Write down some things that you would like to change and who you can turn to for help and support to make those changes happen.</p>
DAY FIVE	DAY SIX	DAY SEVEN	DAY EIGHT
<p><b>Romans 8:39</b> No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.</p> <p>God thinks you’re special. Does that make a difference in what you think about yourself or others? Write down your thoughts to reflect on later for a reminder of God’s love.</p>	<p><b>Isaiah 64:8</b> And yet, O Lord, you are our Father. We are the clay, and you are the potter. We all are formed by your hand.</p> <p>Jesus can change our hearts. He wants us to have a heart like his. Sometimes we get ‘stuck in a rut’ with a bad habit. What is the first step to getting out of the rut?</p>	<p><b>Psalms 57:3</b> “I cry out to God Most High, to God who will fulfill his purpose for me.”</p> <p>If your best friend gave you a letter before leaving on a trip and said, “Read this before I get back,” you would read it right away. God has left you not just a letter but a book and has said, “Read this before I return, because it tells you exactly what you need to know to have a purposeful life.” Will you read it?</p>	<p><b>If someone gives you something or asks you to watch it for them while they are gone, you probably take care of it.</b></p> <p><b>Are you taking care of your body the way God is asking?</b></p> <p>Make a plan of how you can better take care of your body. This can be through better nutrition, physical activity, and even spiritual growth.</p>

DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE
<p><b>Mark 14:38</b> Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak.</p> <p>Pay attention – prepare for situations you know you may be vulnerable to temptation</p>	<p><b>Proverbs 18:20</b> Wise words satisfy like a good meal; the right words bring satisfaction.</p> <p>Has someone positively impacted your life with the right words? How can you reach out and help someone with positive words of encouragement?</p>	<p><b>Isaiah 41:13</b> For I hold you by your right hand— I, the LORD your God. And I say to you, ‘Don’t be afraid. I am here to help you.</p> <p>Are there areas of your life that you’re afraid to face? Starting an exercise program, visiting a new church, going back to school or making a career change? All of these things can be scary, but have faith and know that the Lord is right there beside you through it all! Look to Him for guidance and lean on Him.</p>	<p><b>Romans 12:6</b> In his grace, God has given us different gifts for doing certain things well.</p> <p>Make a list of all of your gifts that God has given you. Identify your strengths and weaknesses.</p>
DAY THIRTEEN	DAY FOURTEEN	DAY FIFTEEN	DAY SIXTEEN
<p><b>Romans 12:8</b> If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.</p> <p>What are your strengths? What gifts has God given to you? Are you using them? How can you do it more?</p>	<p><b>Exodus 20:11</b> For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the LORD blessed the Sabbath day and set it apart as holy.</p> <p>How do you make time for rest? Your physical and emotional well-being need rest. We must find time for it. How can you make time for rest during your week.</p>	<p><b>Matthew 25:29</b> To those who use well what they are given, even more will be given, and they will have an abundance. But from those who do nothing, even what little they have will be taken away.</p> <p>Make a plan of how you will use what you have been given to benefit others. How can you make a difference each month to use well what you have been given?</p>	<p><b>Psalms 139:10</b> even there your hand will guide me, and your strength will support me.</p> <p>Use his strength to help overcome obstacles. List ways that his strength can improve the struggles that you are faced with each day.</p>

DAY SEVENTEEN	DAY EIGHTEEN	DAY NINETEEN	DAY TWENTY
<p><b>Psalm 27:1 – the Lord is my light and my salvation – so why should I be afraid?</b></p> <p>Why are you afraid of change? What are your fears? How can you overcome those? Fear others won't support you? Fear of changing alone – too hard? List areas that you want to change but are afraid of change</p>	<p><b>Hebrews 4:15 – He was tempted in every way that we are, but he did not sin.</b></p> <p>If Jesus was tempted by all sins and resisted then we can resist the small temptations of negativity, gossip, etc. How can you change a negative situation and encourage others to be more positive?</p>	<p><b>Proverbs 27:17 As iron sharpens iron, so one person sharpens another.</b></p> <p>Spend time reflecting on who sharpens you. Who challenges you to grow in your faith and grow as a person? Spend time thanking God for these people this week. Spend time thanking God for these people and write them a thank you note this week.</p>	<p><b>1 Timothy 4:8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.</b></p> <p>Go for a 20 minute walk today. On your walk, pray and thank God for all you have; ask Him to help you grow in Godliness throughout this week.</p>
DAY TWENTY-ONE	DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR
<p><b>Matthew 18:20 For where two or three gather in my name, there am I with them.</b></p> <p>Find a small group to join! Meet together and do a devotional, read a book of the Bible, and/or pray together.</p>	<p><b>Romans 12:13 Share with the Lord's people who are in need. Practice hospitality.</b></p> <p>Find a way to serve someone in need this week. Prepare a meal for a friend or coworker who has a newborn or someone who is sick. Some other examples of serving would be to volunteer at a homeless shelter or donate clothes to a charity.</p>	<p><b>Proverbs 10:4 Lazy hands make for poverty, but diligent hands bring wealth.</b></p> <p>Be diligent! Spend 10 minutes today looking over your daily schedule. Look for patterns of laziness and work to make the best use of your time!</p>	<p><b>1 Corinthians 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.</b></p> <p>Care for your body! Fill your body with foods rich in nutrients. Spend time being active so that you can honor God with your body and do what He's called you to do.</p>

DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
<p><b>Ephesians 4:31-32</b> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you</p> <p>Work to remove any anger or bitterness in your heart. Forgive those who have hurt or wronged you. Spend 10 minutes journaling today about any bitterness in your heart.</p>	<p><b>Philippians 4:6</b> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.</p> <p>Instead of being anxious about the stresses of life, look to God. Pray to Him; give thanks and ask Him for guidance in every situation. Spend 10 minutes today praying about the top stresses in your life!</p>	<p><b>Job 34:3-4</b> Just as the mouth tastes good food, the ear tests the words it hears. So let us discern for ourselves what is right; let us learn together what is good.</p> <p>In what areas of my life do I need to be discerning? Immersing yourself in God's Word can help develop discernment between right and wrong, good and bad advice, and true and false teachings. Make a list of any areas of your life where you feel you could use more discernment.</p>	<p><b>Ecclesiastes 9:12</b> People can never predict when hard times might come. Like fish in a net or birds in a snare, people are often caught by sudden tragedy.</p> <p>How should I handle tragedy? Sometimes the suffering that comes to us through tragedy is not our fault. It just happens. How have you experienced a tragedy but found the Bible to help heal your pain?</p>
DAY TWENTY-NINE	DAY THIRTY		
<p><b>1 John 4:19</b> "We love each other as a result of his loving us first."</p> <p>How can I be more loving towards others? If you are a Christian, rejecting another Christian is not an option. You may find a fellow believer to be unlovable, but when you stop to think how unlovable you sometimes make yourself to God without losing his love, you may find it in your heart to be more accepting of others. Make a list of relationships you could work on loving a little more.</p>	<p><b>1 Corinthians 13:7</b> Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.</p> <p>It is love – not fear, guilt, or peer pressure – that causes us to keep going when we feel like giving up. Love will keep you going. Make a plan to continue living a purposeful life. Remember to love others, use your talents and gifts to encourage others and lead by example. How will you go forward in faith?</p>		