



RENEW

Spiritual Disciplines - 25 Day Challenge

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05
<p>MIND:</p> <input type="checkbox"/> Create a plan to get 8 hours of sleep. <p>BODY:</p> <input type="checkbox"/> Take a 20-minute walk. <p>SPIRIT:</p> <input type="checkbox"/> Meditate on your favorite scripture for 10 minutes.	<p>MIND:</p> <input type="checkbox"/> Stop and enjoy one aspect of your day. Write it down. <p>BODY:</p> <input type="checkbox"/> Sit and practice deep breathing for 5 minutes. <p>SPIRIT:</p> <input type="checkbox"/> Say a prayer of thanks for God's grace in your life.	<p>MIND:</p> <input type="checkbox"/> Use a stress ball to relieve stress. <p>BODY:</p> <input type="checkbox"/> Practice yoga for 20 minutes. <p>SPIRIT:</p> <input type="checkbox"/> Write in a journal: what is one thing you're praying about?	<p>MIND:</p> <input type="checkbox"/> Perform a random act of kindness. <p>BODY:</p> <input type="checkbox"/> Eat breakfast. <p>SPIRIT:</p> <input type="checkbox"/> Read the 40 I Ams one time all the way through.*	<p>MIND:</p> <input type="checkbox"/> Write down 3 accomplishments you have done this year, and be thankful for the work you have done. <p>BODY:</p> <input type="checkbox"/> Choose a vegetable over a sweet one time today. <p>SPIRIT:</p> <input type="checkbox"/> Listen to the Cross Timbers playlist on Spotify.
DAY 06	DAY 07	DAY 08	DAY 09	DAY 10
<p>MIND:</p> <input type="checkbox"/> Write down something you are thankful for. <p>BODY:</p> <input type="checkbox"/> Drink 75oz of water today. <p>SPIRIT:</p> <input type="checkbox"/> Create your own playlist on Spotify.	<p>MIND:</p> <input type="checkbox"/> Focus on one thing, not all the things. <p>BODY:</p> <input type="checkbox"/> Go to bed an hour earlier than you normally do. <p>SPIRIT:</p> <input type="checkbox"/> Read Gal. 5:22-23. What fruit of the Spirit would you like to see more abundantly in your life?	<p>MIND:</p> <input type="checkbox"/> Take a break in your day just for you. <p>BODY:</p> <input type="checkbox"/> Cook a healthy meal. <p>SPIRIT:</p> <input type="checkbox"/> Make a list of 5 things that bring you true joy.	<p>MIND:</p> <input type="checkbox"/> Try something new today. <p>BODY:</p> <input type="checkbox"/> Find something you and your family can do together that is out of the house. <p>SPIRIT:</p> <input type="checkbox"/> Set aside 10 minutes today to take a real rest.	<p>MIND:</p> <input type="checkbox"/> Laugh out loud. Read a funny story. Recall a joke. Just make sure you laugh! <p>BODY:</p> <input type="checkbox"/> Start your day with 15 minutes of worship music. <p>SPIRIT:</p> <input type="checkbox"/> Plan a Sabbath day for you and your family or friends.

*The 40 I Ams can be found here: www.crosstimberschurch.org/40iams

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<p>MIND:</p> <input type="checkbox"/> Get out in nature-maybe a park, a river, a lake-spend some time outdoors. <p>BODY:</p> <input type="checkbox"/> Schedule a doctor/dentist appt that you have been needing to make. <p>SPIRIT:</p> <input type="checkbox"/> Sign up to serve at The Hope Center or help someone in your community.	<p>MIND:</p> <input type="checkbox"/> Write down a lie that you believe and then find a truth that can combat that lie. <p>BODY:</p> <input type="checkbox"/> Attend a fitness class. <p>SPIRIT:</p> <input type="checkbox"/> Find one of the 40 I Ams that speaks to you.* Write it on a card. Take the card with you during the day.	<p>MIND:</p> <input type="checkbox"/> Spend time in solitude. Take an area you are struggling in and release it to God. <p>BODY:</p> <input type="checkbox"/> Organize a closet or drawer in your house. <p>SPIRIT:</p> <input type="checkbox"/> Find a 7-Day Bible reading plan on You Version. We can do anything for 7 days!	<p>MIND:</p> <input type="checkbox"/> Reach out to a friend that you haven't spoken to in a while. <p>BODY:</p> <input type="checkbox"/> Get outside and play a sport today. <p>SPIRIT:</p> <input type="checkbox"/> Visit Difference Makers U on the Cross Timbers website. Find a topic that speaks to your soul and watch.	<p>MIND:</p> <input type="checkbox"/> Recognize thoughts that are self-defeating when they are happening and replace them with encouragement. <p>BODY:</p> <input type="checkbox"/> Take 10,000 steps today <p>SPIRIT:</p> <input type="checkbox"/> Complete a prayer walk around your neighborhood and pray for the families along your street.
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<p>MIND:</p> <input type="checkbox"/> Think of one habit that you wish to change and a step you can take to change it. <p>BODY:</p> <input type="checkbox"/> Open your windows and get some fresh air! <p>SPIRIT:</p> <input type="checkbox"/> Tune in to a Healing Place podcast. Linked below.**	<p>MIND:</p> <input type="checkbox"/> Take a deep breath on refocus your mind on the biggest priorities in your life. <p>BODY:</p> <input type="checkbox"/> Dance it out – turn some of your favorite songs on and dance and sing it out. <p>SPIRIT:</p> <input type="checkbox"/> Serve someone in your neighborhood today.	<p>MIND:</p> <input type="checkbox"/> Set a time limit for your social media use, and with your extra time, talk a walk. <p>BODY:</p> <input type="checkbox"/> Stretch out your body for 10 minutes. <p>SPIRIT:</p> <input type="checkbox"/> Write in a journal: where are you seeing God show up in your life?	<p>MIND:</p> <input type="checkbox"/> Listen to CT discipleship video on mindfulness and utilize the practices taught. <p>BODY:</p> <input type="checkbox"/> Plant a new flower or vegetable outside. <p>SPIRIT:</p> <input type="checkbox"/> Choose a worship song and write down the chorus. What scripture does this song remind you of?	<p>MIND:</p> <input type="checkbox"/> Don't be so hard on yourself, remind yourself of God's grace. <p>BODY:</p> <input type="checkbox"/> Get 7-8 hours of sleep tonight. <p>SPIRIT:</p> <input type="checkbox"/> Pray for your boss and their family today.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<p>MIND:</p> <input type="checkbox"/> Control your breathing by inhaling for 4 seconds, hold for 7 seconds, then exhale for 8 seconds. <p>BODY:</p> <input type="checkbox"/> Put electronics away 1-2 hrs before bed. <p>SPIRIT:</p> <input type="checkbox"/> Read Psalm 23. Take a moment to meditate on this scripture.	<p>MIND:</p> <input type="checkbox"/> Go to bed early tonight, but before you fall asleep meditate on your day. <p>BODY:</p> <input type="checkbox"/> Do 20 push-ups to the floor or to a counter. <p>SPIRIT:</p> <input type="checkbox"/> Buy someone a coffee or lunch today.	<p>MIND:</p> <input type="checkbox"/> Sit down and journal all the thoughts that come to your mind. <p>BODY:</p> <input type="checkbox"/> Do 20 air squats. <p>SPIRIT:</p> <input type="checkbox"/> Visit the CT channel on YouTube. Find one message and rewatch it again. What did you hear different this time?	<p>MIND:</p> <input type="checkbox"/> Listen to your favorite worship song and let it be sung over you. <p>BODY:</p> <input type="checkbox"/> Run a mile. <p>SPIRIT:</p> <input type="checkbox"/> Read Romans 8:38-39.	<p>MIND:</p> <input type="checkbox"/> Practice being present in every area of your life, refocus your thoughts that are drifting away from your tasks. <p>BODY:</p> <input type="checkbox"/> Add a fruit or vegetable to your lunch. <p>SPIRIT:</p> <input type="checkbox"/> Call a friend/family member and pray with them today.

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**Healing Place Podcast here: anchor.fm/healing-place-podcast