

60 – Day Every Weight Challenge 1/8/25 – 3/5/25

Hebrews 12:1 (NKJV)

12 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us

This is a 60 - day challenge for the men of New Church of Faith, focused on healthy living, spiritual growth, and personal integrity.

First: Download the Bible App – Be sure to read our daily devotionals (We will send out a new one at the completion of each one.)

1st Devotional – King Me by Tony Evans

Week 1: Foundation of Faith

- **Day 1:** Start with a prayer asking for guidance throughout this challenge. Set specific goals for your spiritual and physical health.
- **Day 2:** Read and meditate on Proverbs 3:5-6. Reflect on trusting God in all aspects of your life.
- **Day 3:** Plan and prepare healthy meals for the week. Focus on whole foods, fruits, vegetables, and lean meats.
- **Day 4:** Spend 15 minutes in quiet prayer and reflection. Journal about what you feel God is saying to you.
- **Day 5:** Identify one media source (TV show, music, etc.) that is not uplifting. Choose to remove it for the duration of the challenge.
- **Day 6:** Read a chapter from the Book of James. Write down key takeaways that apply to your life.
- **Day 7:** Share a meal with family or friends, fostering community and accountability.

Week 2: Building Discipline

- **Day 8:** Start your day with a healthy breakfast or first meal. Avoid processed sugars.
- **Day 9:** Read and reflect on Psalm 119:11. Commit to memorizing a verse this week.
- **Day 10:** Engage in physical activity for at least 30 minutes. Consider going for a walk or hitting the gym.
- **Day 11:** Dedicate time to study a specific book of the Bible. Take notes on what speaks to you.
- **Day 12:** Limit social media and screen time. Spend that time in prayer or reading.
- **Day 13:** Reflect on your thought life. Write down any negative thoughts and counter them with scripture.
- **Day 14:** Have a family night focused on games or activities that promote bonding.

Week 3: Fostering Healthy Relationships

- **Day 15:** Reach out to a mentor or accountability partner. Share your goals and ask for support.
- **Day 16:** Read and meditate on Ephesians 4:29. Challenge yourself to speak only encouraging words today.
- **Day 17:** Cook a healthy meal for someone else. Share your journey and encourage them.
- **Day 18:** Dedicate this day to prayer, focusing on your relationships and any conflicts you need to resolve.
- **Day 19:** Listen to a Christian podcast or sermon that encourages growth and accountability.

- **Day 20:** Reflect on your media consumption. Identify anything that might be detrimental and commit to change.

- **Day 21:** Have a day of rest. Spend time in nature, appreciating God's creation.

Week 4: Deepening Commitment

- **Day 22:** Create a vision board or digital poster for your health and spiritual goals. Visualize what you want to achieve.

- **Day 23:** Read and reflect on 1 Timothy 4:8. Evaluate your physical and spiritual exercise routines.

- **Day 24:** Take time to pray for others. Write down specific names and needs.

- **Day 25:** Attend a Bible study or fellowship group, engaging with others and sharing your journey.

- **Day 26:** Write a letter to God expressing your growth and what you hope for moving forward.

- **Day 27:** Focus on gratitude. Write down three things you are grateful for each day.

- **Day 28:** Review your media habits again. Replace any negative influences with uplifting content.

- **Day 29:** Reflect on your journey. Write down the changes you've noticed in yourself and your habits.

- **Day 30:** Celebrate your progress! Treat yourself to a special activity or meal. Thank God for His guidance and strength throughout this challenge.

As you complete this challenge, remember to continually seek God in prayer and remain accountable to others. Let this be a starting point for a lifelong commitment to healthy living and spiritual growth.