

The Prayer Team Invites You to Join Us in a 31 DAY SPIRITUAL AND FITNESS CHALLENGE

1. PRAY.....“Continue earnestly in prayer, being vigilant in it with thanksgiving.” Colossians 4:2
2. READ THE BIBLE.....“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.” 2 Timothy 3:16-17
3. TAKE CARE OF YOUR BODY.....“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” 1 Corinthians 6:19-20

INSTRUCTIONS.....Each day during the month of January:

1. Spend time in prayer.
2. Read or listen to the suggested scripture passages.
3. Exercise or walk (on the treadmill, around the neighborhood, at the gym or even in the church fellowship hall. Sixteen laps around the perimeter of this room equal one-half mile. The best time to come to church is between 10:00 AM and 4:00 PM and any other times when the church is open.)
4. Use the calendar on the opposite side to keep a log, by checking the boxes for each activity done that day.
5. Turn in your calendar on Sunday morning, February 4th, or drop it by the church office by February 9th.
6. Those participating will receive a small token of recognition.

We would love your comments and feedback:

*******Remember to always consult your physician before starting a new physical fitness regime*******