

renewal revolution

A Christian Wellness Challenge

Let's begin the Renewal Revolution – a 28-day challenge focused on strengthening our whole self through developing life-giving habits for the mind, body and spirit.

When we simultaneously nurture our mental, physical and spiritual selves, we experience the incredible synergy of a healthy life wholly dedicated to God.

This checklist outlines realistic habits you can build into your daily routine. I encourage you to start checking off accomplishments as you progress, learning how small steps every day can lead to giant leaps in your spiritual growth.

Week One

- Morning Prayer/Meditation
- Gratitude Reflection
- Bible Reading
- Acts of Kindness
- Daily Moving
- Healthy Eating
- Hydration Check
- Mindfulness/Meditation Break
- Learning Time

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daily spiritual renewal

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day."
- 2 Corinthians 4:16

Week Two

- Morning Prayer/Meditation
- Gratitude Reflection
- Bible Reading
- Acts of Kindness
- Daily Moving
- Healthy Eating
- Hydration Check
- Mindfulness/Meditation Break
- Learning Time

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renewing your thoughts

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."
- Romans 12:2

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Week Three

- Morning Prayer/Meditation
- Gratitude Reflection
- Bible Reading
- Acts of Kindness
- Daily Moving
- Healthy Eating
- Hydration Check
- Mindfulness/Meditation Break
- Learning Time

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temple of the holy spirit

"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; you were bought at a price. Therefore, honor God with your bodies."

- 1 Corinthians 6:19-20

Week Four

- Morning Prayer/Meditation
- Gratitude Reflection
- Bible Reading
- Acts of Kindness
- Daily Moving
- Healthy Eating
- Hydration Check
- Mindfulness/Meditation Break
- Learning Time

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love and fullness of God

"And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."

- Ephesians 3:17-19

Our community is here to support you each step of the way!



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