

Planning for the 30-Day Challenge

Why do you want closer intimacy with God? *(This why is important! It can motivate you to persevere!)*

What improper motivation do you struggle with most? How can you guard against it in the next 30 days?

What one obstacle do you want to work to remove? How can you do that?

Choose something you enjoy doing to spend time with God and plan one time each week to do it. You could do the same thing each week, or choose something different each week.

Planning for the 30-Day Challenge

Identify one aspect of life you enjoy that you want to invite God into and enjoy together. Identify when each week you already do this (or will plan to do it) and make note of it.

When in the morning will you take five minutes to interact personally with God (outside of your normal habits of Bible reading, prayer, etc.)? What can you do to help you remember this (set an alarm, connect it to something you already do, etc.)?

When in the evening will you take five minutes to reflect on your day with God? What can you do to help you remember this (set an alarm, connect it to something you already do, etc.)?

Sample Activities for the 30-Day Challenge

Ways to enjoy God:

- Week 1 - Praise and worship through music one morning
- Week 2 - Journal my heart and thoughts on Sunday afternoon
- Week 3 - Walk and talk to God one evening
- Week 4 - Be quiet and still before God on Sunday afternoon

Ways to invite God into life:

- During the workday afternoon break, turn to God instead of other distractions (food, friends, social media, etc.). Meditate on a verse. Enjoy His presence. Talk to Him.

Time to interact personally with God in the morning:

- While drinking hot tea.

Time to reflect back on the day at night:

- When getting into bed before reading.