



THIRTY-FIVE DAY CHALLENGE

FOR THE NEXT 35 DAYS YOU WILL COMMIT TO
5 DAILY DISCIPLINES OF SPIRITUAL GROWTH.

- PHYSICAL ACTIVITY
- PRAYER
- SCRIPTURE READING
- SACRIFICE
- ACTS OF SERVICE

TIME + REPETITION = FORMATION

For additional resources visit: flatironschurch.com/35daychallenge



DAY 1

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 1

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 2

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 2

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 3

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 3

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 4

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 4

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 5

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 5

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 6

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 6

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 7

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 7

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 8

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 8

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 9

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 9

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 10

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 10

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 11

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 11

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 12

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 12

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 13

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 13

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 14

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 14

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 15

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 15

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 16

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 16

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 17

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 17

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 18

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 18

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 19

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 19

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 20

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 20

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 21

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: John 21

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 22

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Ephesians 1

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 23

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Ephesians 2

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 24

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Ephesians 3

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 25

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Ephesians 4

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 26

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Ephesians 5

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 27

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Ephesians 6

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 28

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Philippians 1

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 29

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Philippians 2

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 30

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Philippians 3

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 31

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Philippians 4

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 32

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Colossians 1

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 33

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Colossians 2

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 34

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Colossians 3

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?

DAY 35

DAILY TASKS

15 MINUTES OF PHYSICAL ACTIVITY

GUIDED PRAYER

- WHAT IS SOMETHING YOU ARE GRATEFUL FOR?
- WHAT IS SOMETHING YOU NEED FROM GOD?
- WHAT IS SOMETHING SOMEONE ELSE NEEDS FROM GOD?

BIBLE READING NOTES

- TODAY'S VERSE: Colossians 4

SACRIFICE

- WHAT DID I GIVE UP TODAY?

ACT OF SERVICE

- HOW DID I HELP SOMEONE TODAY?