



Calvary
LIGHTHOUSE

“Then he said to them all: “If anyone would come after me, he must deny himself and take up his cross daily and follow me.”

Luke 9:23

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ARE YOU JOINING THE CHALLENGE? SCAN THE QR CODE TO GET REGULAR REMINDERS AND ENCOURAGING UPDATES.

What is the 90-Day Challenge about?

Jesus invites us to be His disciples. It's an open invitation, but many of those who respond have never been discipled and often fumble through their relationship with Jesus. The 90-day Discipleship Challenge is about imagining what our life with God could be if we were intentional in our discipleship journey.

Be Disciples, Make Disciples, Raise Disciples

This is the call Jesus is placing on us as a church. First, we are called to ***Be Disciples***. That means we should be growing in our relationship, knowledge, and intimacy with Jesus. This challenge is intended to help establish healthy routines and patterns to encourage the growth God desires.

If our attitude and heart is right, this challenge can spur us towards a growing, vibrant, and refreshed relationship with Jesus.

“Jesus went up on a mountainside and called to him those he wanted...that they might be with him and that he might send them out to preach” Mark 3:13–14

We must always remember, Jesus's first call to us is to be with him. This is the life of a disciple.

Before looking at the elements involved in the 90-Day Discipleship Challenge, there are few things to keep in mind. First, let's remember that the intention of the following rhythms is to help you grow in your relationship with Jesus. If your heart and intent are wrong, then the following items will

just be a ritual that has no life-giving purpose. Second, completing the challenge does not make you “better” than others or even more loved by God. The Christian life isn’t a competition...even if the Apostle Paul keeps using sports metaphors! Finally, this is the promise of the challenge, if you approach this with the heart of a disciple and focus on completing the 90-days, your relationship with Jesus will grow. A growing relationship with Jesus is what all disciples should desire.

What does The 90-DAY Challenge involve?

Here are the focuses of the challenge:

1. Daily personal time with Jesus

- Prayer. (Try to increase your prayer time through the challenge. Start adding 5 minutes each week.)
- Bible Reading. (The Bible App has a lot of great reading plans and devotionals.)
- Reflection on what you read. (Journaling is a great help for reflecting!)
- Private worship.

2. Attend church weekly

- Come early, stay late.
- Come expecting Jesus to show up!
- “Bonus points” if you make Wednesday evenings or join a small group.

3. Live Generously

- Tithe (10% of your income - Malachi 3:10.)
- Give Offerings (anything above the tithe.)
- Begin supporting Missions.

4. Serve at church

- Everyone is a “10” somewhere. Find your gifts and jump in! (There’s a list of easy places to start towards the back of this guide.)

5. Make a friend!

- Each week when you come to service introduce yourself to someone new.
- Come to service early, grab some coffee, and talk to other folks.
- Don’t rush out at the end of service. Stop and talk to someone.
- Go a step further and invite a couple people to go to lunch after church.

6. Invest and Invite

- For the first 30-days of the challenge pray for an individual or more than one to invite to church.
- For the second 30-days of the challenge begin talking with the person(s) about how Jesus has impacted your life.
- For the final 30-days begin inviting the person(s) to join you for a service at Calvary Lighthouse. Make sure to be specific: “Hey, how about joining me this Sunday at church? I’ll get there at 9:50 so we can connect, grab

- some coffee, and find a place to sit.” vs. “Want to meet me sometime at church on a Sunday? If you come, look for me.”

The rest of the journal is intended to give tips and suggestions of how to get the most out of these 90-days.

Tips on Personal Time with Jesus:

1. **Have a certain TIME:** Make a daily appointment with God, whether it's first thing in the morning, at lunch, or in the evening, Keep it faithfully
2. **Have a certain PLACE:** Having a designated place helps us remove distractions and frees us to worship and pray out loud. Avoid having your phone or device around, it's so easy to get sidetracked doom-scrolling.
3. **Have a certain PLAN:** As we come to Jesus every day, our plans for our devotional time can vary. Maybe it includes worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting with God.

DEVOTIONAL GUIDE

A great, simple way to journal as you read the Bible is to use the SOAP method. SOAP stands for:

Scripture - Read prayerfully. Take note which scripture(s) catches your attention and mark it in your Bible.

Observation - Focusing on that scripture, tune in and listen to what God is saying to you through His Word. Ask the Holy Spirit to be your guide and show you what God is saying.

Application - Think of how this verse(s) applies to your life right now. Use your journal to write how this scripture applies to you today.

Prayer - Wrap up your SOAP time in prayer and talk to God about what you've just read.

SCRIPTURE READING

Any devotional reading is fine to use during the 90-Day challenge. Below is a potential plan if you don't know where to start. The book and themes from Romans is the focus of this plan.

Week 1-2: Introduction to Romans and The Righteousness of God

- Day 1: Romans 1:1-17
- Day 2: Psalm 19:1-14
- Day 3: Romans 1:18-32
- Day 4: Isaiah 64:1-9
- Day 5: Romans 2:1-16
- Day 6: Ecclesiastes 7:20-29
- Day 7: Romans 2:17-29

Week 3-4: Sin and Human Depravity

- Day 8: Romans 3:1-20
- Day 9: Psalm 14:1-7
- Day 10: Romans 3:21-31
- Day 11: Genesis 6:5-8
- Day 12: Romans 4:1-12
- Day 13: Jeremiah 17:5-10
- Day 14: Romans 4:13-25

Week 5-6: Justification by Faith

Day 15: Romans 5:1-11
 Day 16: Habakkuk 2:1-4
 Day 17: Romans 5:12-21
 Day 18: Genesis 15:1-6
 Day 19: Romans 6:1-14
 Day 20: Galatians 2:15-21
 Day 21: Romans 6:15-23

Week 7-8: Grace and Salvation

Day 22: Romans 7:1-13
 Day 23: Ephesians 2:1-10
 Day 24: Romans 7:14-25
 Day 25: Titus 3:3-7
 Day 26: Romans 8:1-17
 Day 27: John 3:1-21
 Day 28: Romans 8:18-30

Week 9-10: The Role of the Law

Day 29: Romans 8:31-39
 Day 30: Deuteronomy 30:11-20
 Day 31: Romans 9:1-18
 Day 32: Galatians 3:10-14
 Day 33: Romans 9:19-33
 Day 34: Psalm 119:1-16
 Day 35: Romans 10:1-21

Week 11-12: God's Sovereignty and Election

Day 36: Romans 11:1-16
 Day 37: Isaiah 45:5-12
 Day 38: Romans 11:17-36
 Day 39: Ephesians 1:3-14
 Day 40: Romans 12:1-8
 Day 41: 1 Peter 2:4-10
 Day 42: Romans 12:9-21

Week 13-14: Life in the Spirit

Day 43: Romans 13:1-7
 Day 44: Galatians 5:16-26
 Day 45: Romans 13:8-14
 Day 46: John 14:15-31
 Day 47: Romans 14:1-12
 Day 48: 1 Corinthians 2:6-16
 Day 49: Romans 14:13-23

Week 15-16: Unity in the Body of Christ

Day 50: Romans 15:1-13
 Day 51: 1 Corinthians 12:12-31
 Day 52: Romans 15:14-33
 Day 53: Ephesians 4:1-16
 Day 54: Romans 16:1-16
 Day 55: Colossians 3:12-17
 Day 56: Romans 16:17-27

Week 17-18: Christian Living and Ethics

Day 57: Philippians 2:1-18
 Day 58: James 2:14-26
 Day 59: 1 Peter 1:13-25
 Day 60: Colossians 3:1-11
 Day 61: 1 Thessalonians 4:1-12
 Day 62: Titus 2:1-15
 Day 63: 1 John 3:11-24

Week 19-20: Deeper Dive into Righteousness and Faith

- Day 64: Romans 1:1-17 (revisit)
- Day 65: Hebrews 11:1-16
- Day 66: Romans 3:21-31 (revisit)
- Day 67: James 2:14-26
- Day 68: Romans 4:1-25 (revisit)
- Day 69: Galatians 3:1-14
- Day 70: Romans 5:1-11 (revisit)

Week 21-22: Deeper Dive into Sin and Grace

- Day 71: Romans 5:12-21 (revisit)
- Day 72: Psalm 51:1-19
- Day 73: Romans 6:1-14 (revisit)
- Day 74: Ephesians 2:1-10
- Day 75: Romans 7:14-25 (revisit)
- Day 76: 1 John 1:5-2:6
- Day 77: Romans 8:1-17 (revisit)

Week 23-24: Deeper Dive into God's Sovereignty

- Day 78: Romans 9:1-33 (revisit)
- Day 79: Job 38:1-41
- Day 80: Romans 11:1-36 (revisit)
- Day 81: Daniel 4:28-37
- Day 82: Isaiah 40:12-31
- Day 83: Ephesians 1:3-14 (revisit)
- Day 84: Revelation 4:1-11

Week 25-26: Deeper Dive into Christian Living

- Day 85: Romans 12:1-21 (revisit)
- Day 86: Matthew 5:1-16
- Day 87: Romans 13:8-14 (revisit)
- Day 88: 1 Peter 4:1-11
- Day 89: Romans 14:1-23 (revisit)
- Day 90: Philippians 4:4-20

Questions for Reflection:

To deepen your engagement with the daily readings, consider the following reflection questions:

1. What specific verse or passage stood out to me today, and why? How does it speak to my current life situation?
2. In what ways does today's reading challenge or inspire me to grow in my faith? Is there a specific action I feel called to take?
3. How does this passage illuminate the nature of God, Jesus, or the Holy Spirit? What new insight have I gained about the divine?
4. Are there any difficult concepts or teachings in today's reading? How can I seek to understand them better, and why might they be important?
5. How does today's scripture connect to the gospel message and the overall narrative of God's redemptive plan? How does it deepen my understanding of my role in this plan?

As you reflect on these questions, consider journaling your thoughts or discussing them with a study partner or group. Remember, the goal is not just to gain knowledge, but to allow God's Word to transform your heart, mind, and actions.

Daily Tracker:

Most of the elements from the challenge are listed daily some are listed weekly.

Day 1

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 2

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 3

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 4

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 5

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 6

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 7

- Prayed
- Read Bible
- Reflected/Journaled

Day 7 Continued

- Worshipped
- Prayed for a friend to invite

Week 1 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering

Day 8

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 9

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 10

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 11

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 12

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 13

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 14

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 2 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering

Day 15

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 16

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 17

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 18

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 19

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 20

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 21

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 3 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering

Day 22

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 23

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 24

- Prayed
- Read Bible

Day 24 Continued

- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 25

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 26

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 27

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 28

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 4 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering

Day 29

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 30

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 31

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 32

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 33

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 34

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Talked with a friend about Jesus

Day 35

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 5 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Talked with a friend about Jesus

Day 36

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 37

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 38

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 39

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 40

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 41

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 42

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 6 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Talked with a friend about Jesus

Day 43

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 44

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 45

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 46

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 47

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 48

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 49

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 7 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Talked with a friend about Jesus

Day 50

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 51

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 52

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 53

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 54

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 55

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 56

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 8 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Talked with a friend about Jesus

Day 57

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 58

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 59

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 60

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 61

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 62

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 63

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 9 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Invited a friend to church

Day 64

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 65

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 66

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 67

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 68

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 69

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 70

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 10 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Invited a friend to church

Day 71

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 72

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 73

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 74

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 75

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 76

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 77

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 11 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Invited a friend to church

Day 78

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 79

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 80

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 81

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 82

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 83

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 84

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Week 12 Weekly Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Invited a friend to church

Day 85

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 86

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 87

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 88

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 89

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Day 90

- Prayed
- Read Bible
- Reflected/Journaled
- Worshipped
- Prayed for a friend to invite

Final Week Focuses

- Attended Church
- Served at Church
- Tithed/Gave Offering
- Invited a friend to church

PLACES TO BEGIN SERVING

FIRST IMPRESSIONS TEAM

DOOR GREETERS

- Welcome people as they come.

USHERS

- Help people find seats
- Receive the offering
- Assist with other needs in service

NEW HERE BOOTH

- Welcome 1st time guests
- Answer easy questions for guests

HOSPITALITY

- Coffee Bar
- Foyer Decorating
- Assist with Special Events

SANCTUARY PRE-SERVICE

- Replace envelopes and Connection Cards in the pews before service
- Check to see that Bibles are intact before service

NEXTGEN (Kids & Teens)

KIDS MINISTRY

- Help/support for events/meetings
- Toddler Helper & PreK-K Helpers
- Check-In Desk
- Children's Church Section Helper
- Follow-up Team

CALVARY STUDENTS

- Check-in
- Middle School Breakout Assistants
- Games
- Cafe
- Security
- Follow-up Team

Sign up on Sundays or contact the church office @ 732-363-1239

OUTREACH

HOUSE OF BLESSING

- Sort and hang clothes on Mondays
- Assist with clothing Tuesdays
- Stock the shelves
- Substitutes
- Delivery day helpers
- As needed volunteers

MISSIONS

- Creative gifting to decorate for events
- Hospitality to our missionary guests – (need to float near their foyer table to assist if they need anything before and after service)
- Set up for events
- Kitchen helpers for clean up

CARE TEAM

- Send notes to church members who have not been there for a while
- Send cards to sick church members

WORSHIP/MEDIA

MEDIA TEAM

- Sound Tech Apprentice
- Photos/Photography (4)
- Team snack setup & teardown (4)
- Prayer partner (4)
- Livestream moderator (4)
- Tech/Stage assistant (4)

SUPPORT TEAMS

FRONT OFFICE

- Reception duties for Tuesdays and Thursdays to answer phones, manage the door, copier and supply maintenance
- Helping with foyer table set up and special events
- Bundling Invite Cards & getting ready for big events

GROUND CREWS

- Grass mowing and edging
- Snow removal
- Sweep the front doors
- Clean the twigs and acorns that fall from the trees, especially the back area
- General grounds around buildings

MAINTENANCE

- Doing minor plumbing repairs
- Changing a lights or light fixtures
- As needed prop/set building
- Walk-Through Inspectors - checking buildings for areas that need attention, such as seeing if any bulbs need to be replaced

FINANCE OFFICE

- Organize and clean finance closet
- Filing
- Envelope stuffing

*Sign up on Sundays or contact
the church office @
732-363-1239*

FASTING GUIDE

Fasting is a great spiritual discipline to add into our life as a disciple. During this 90-days you could add a weekly fast, a monthly fast, or an extended period of fasting. The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.

Do not let what you eat or do not eat become the focus of your fast. Your personal fast should present a level of challenge to it, but it's very important to know your own body and follow what the Holy Spirit leads you to do. Keep the main thing the main thing, which is drawing closer to God.

Types of Fasts

Complete Fast- In this type of fast, you eliminate all solid foods and drink only liquids (typically water and light juices). This fast should only be done after consulting with your doctor.

Selective Fast- This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you eat only fruits/vegetables and drink only water. Another example would be choosing to eliminate one or more specific types of foods from your diet.

Intermittent Fast- This type of fast involves abstaining from eating any type of food for certain portions of the day. This can correlate to specific times of the day (such as from sunup to

sundown) or specific meals. It is recommended that you eat a light meal(s) during the other portions of the day.

Activity Fast- This type of fast involves abstaining from a regular activity or habit, such as television, social media, secular music, recreational shopping, secular books/magazines, etc. An activity fast can also be done in combination with any type of dietary fast.

A few final thoughts on fasting

- If you drink coffee regularly, don't cut it out abruptly and completely. Please don't do that or you will spend your fasting time in withdrawal instead of enjoying God's presence.
- The length of your fast is up to you. This is your personal decision and should be prayerfully considered as it applies to your circumstances.
- Begin & break your fast well. It is important to prepare your body ahead of time before beginning the fast. When your fast is over, add food(s) back in very gradually.
- Dietary fasts while pregnant or nursing are not recommended.
- If you have struggled with an eating disorder, remember that fasting is a tool used to get closer to God. If your method of fasting is going to cause you to obsess about what you eat in any way, reconsider the type of fast you choose and ask God to help change your approach & mindset.

A Closing Thought

If you mess up, don't get discouraged. Just get right back on track and keep going. The aim of The 90-Day Discipleship Challenge is to encourage growth and intimacy with Jesus as his disciple. The routines of the challenge can become a habit that will encourage life-long progress in your relationship with Jesus.

If you're new to this kind of systematic intentional routine the beginning of the journey is not going to feel natural. Setup reminders on your phone or digital device to help you stay on track. It's easy to forget in the busyness of life, so take time and slow down. Remember the Dallas Willard quote Pastor Spencer shared about growing closer to God "Ruthlessly eliminate hurry from your life."

Focus on the eternal nature of your relationship with Jesus. When we keep in mind that what we do as a disciple prepares us for now and forever, the importance of it becomes even clearer. Imagine what life can look like with the blessings of God covering all you do. Obedience proceeds blessing. "A long obedience in the same direction" produces such great fruit! Jump into the challenge, you'll thank yourself later.



ARE YOU JOINING THE CHALLENGE? SCAN THE QR CODE TO GET REGULAR REMINDERS AND ENCOURAGING UPDATES!