



The goal of the warm heart challenge is to increase our input from the word and minimize other inputs over a period of time to see how it affects us. I guarantee if you limit certain inputs and increase word and prayer you will see a change in your life. All media carries a philosophy and the use of entertainment, humor, music, and media sticks ideas in our mind. God's word reminds us what we have in Christ and the truth about the world. We have to fight to bring more of God's influence into our thinking on a daily basis. ***Put more of the good in!***

Challenge 1: Daily Reading

- Must read the passages in 1 sitting
- Must journal a few notes

Challenge 2: Daily Prayer

- Pray for your spiritual walk to deepen

Challenge 3: Christian Music

- Any Style, but the lyrics must point to Christ and the christian life. Ask your youth leader if you need recommendations.

Challenge 4: No TV

- This is any show, episode, or youtube video that you sit and watch. This is sports, youtube, Netflix, videos on your phone. Any screen entertaining you.

Challenge 5: No Social Media

Reading Schedule

X	Date	Scripture	Focus
	Day 1	Psalm 1	What is the image of someone filled with God's counsel and not the wickeds?
	Day 2	Prov 3	Who should we trust for true wisdom?
	Day 3	1 Thes 4	What is the will of God?
	Day 4	James 1	What hard things is God working in your life?
	Day 5	James 3	How dangerous are your words?
	Day 6	1 Cor 13	How should we love?
	Day 7	Eph 4	How should we walk?
	Day 8	Eph 6	How should I prepare for spiritual battle?
	Day 9	Mt 6	How should I think about earthly things?
	Day 10	Gal 5	What is the fruit of the believer?
	Day 11	Col 3	Describe our new life in Christ.
	Day 12	Phil 1:27-2:18	How should we live?
	Day 13	Phil 4	What should I think about?
	Day 14	Rom 8	What am I as a Christian?

On day one answer these questions:

1. Use adjectives to describe how you feel about the quality of your life.
2. Are you generally fearful or confident about your life?
3. Are you generally joyful or gloomy each day?
4. Is your faith something that is personal or just a Sunday thing?

On day 14 answer the above questions again and see if the answers have changed. If the simple act of turning up scripture and turning down other influences has helped, **Keep doing it!**