



## A Guide to the 40 Day Habit Challenge

### 1. What is the 40 Day Habit Challenge?

The challenge is to complete 5 small but intentional habits every day for 40 days.

The 5 habits are:

- **Habit #1:** Read 10 verses of the Bible.
- **Habit #2:** Pray a one sentence prayer for each member of your WhatsApp group.
- **Habit #3:** 10 minutes of exercise.
- **Habit #4:** Read 1 page of a Christian book.
- **Habit #5:** Something you choose.
  - Some examples of things to start:
    - Send an encouraging SMS every day
    - Have a gospel conversation every day
    - Play your guitar every day
    - Floss your teeth every day
  - Some examples of things to stop:
    - No social media for 40 days
    - No online shopping for 40 days
    - No soft drink for 40 days

The challenge is completed in small groups of approximately 5-8 people. The group doesn't meet in person but uses WhatsApp or an alternative. This group chat provides a community of like-minded people to keep you motivated in developing good habits.

## 2. Do I really need to include all 5 habits?

You don't have to, but it's highly recommended. Here are some brief thoughts on the importance of each habit:

- **Habit #1:** Bible reading is the whole point and lies at the heart of the challenge.
- **Habit #2:** Consistently praying the same thing every day is a powerful way to bring about lasting change. In addition, a group that prays for each other, will build a sense of community. People report this to be a great highlight of the challenge.
- **Habit #3:** God's Word reminds us that physical exercise is of 'some value' (1 Tim 4:8). Many people find daily exercise the most difficult habit, but this can be helpful in adding 'meat' to the challenge. The exercise doesn't have to be intense - something gentle is fine (e.g. walking around the block). It can give space for you to do habit # 2.
- **Habit #4:** Many Christians do not read books. This is a simple way for people to appreciate the value of Christian books. Many Christians have found this a highlight of the challenge.
- **Habit #5:** The fifth habit brings variety and encourages people to take responsibility for their personal life. If someone can make tangible progress in one area of their life, this often encourages them to keep growing in other areas.

## 3. How it works:

Each person in the group reports in each week with their score. A point for each habit, 5 points per day, 35 points per week. Don't panic if it's sounding too competitive. As a guide, most people will score between 20 to 30 in the first 3 weeks of challenge. For some people, it may be lower. **Please bear in mind that success in the challenge is not starting with a high score, but rather making small and consistent improvements over the 40 days.**

**4. Finally, remember that our Father loves to draw near to us**, encouraging us with his promises, warning us of danger, growing us to be his people, full of wisdom and the fruit of the Spirit. Let's pray that we will come to know his love more deeply, as he grows us in devotion to his word.