

# JANUARY 7<sup>TH</sup>-13<sup>TH</sup>



## Truth Challenge

Dig into the TRUTH this week: James chapter 1.

Read chapter 1 on 5 different days this week. (x5 times/week)

Take notes and be prepared to discuss your thoughts, ideas, take-aways, questions or even your straight up confusion.

Day #1

Day #2

Day #3

Day #4

Day #5

## Prayer Challenge

Strategic Prayer Focus. Pick out someone to pray for *specifically* for every single day this week.

Day #1

Day #2

Day #3

Day #4

Day #5

Day #6

Day #7

## Exercise Challenge

3 workouts. 3 times this week do something beneficial of your own choosing. And if you can, meet up with another FORGE guy (or anyone really) and do a couple together.

Workout #1

Workout #2

Workout #3

## Nutrition Challenge

Rinse away the crud from the old year. Start off 2021 with the Water Challenge!  
Drink **1/2 your body weight in ounces** per day this week.

## Financial Stewardship Challenge

Track your spending each day this week. Grab an easy app (like [www.everydollar.com/budget-app](http://www.everydollar.com/budget-app)) or on paper. Keep an accurate log of where every dollar goes this week.