

# ELEVATE 8 to 8

## 30 DAY MEN'S CHALLENGE | Jul 8 – Aug 8

Still other seed fell on good soil. It came up and yielded a crop, a hundred times more than was sown.  
-Luke 8:8



### RELATIONAL

- Spend intentional time with your wife or a friend (if single) once a week doing something you both enjoy.
- Support a friend or family member with personalized encouragement this month.
- Bring your wife flowers, her favorite coffee, or treat sometime this month with a handwritten note.
- Put your phone away during meals at home or at a restaurant.
- Seek online content that is God honoring.
- Pick up your Bible before you pick up your phone in the morning and again the last thing at night.

### EMOTIONAL

- Apologize quickly and sincerely when you wrong someone or do something you shouldn't.
- Forgive quickly and sincerely when someone wrongs you.
- Call or, even better, schedule a time to meet with someone who has made an impact on your life, thanking them for what they have done for you.
- Be mindful of your words and how they impact people. Ephesians 4:29.

### PHYSICAL

- Exercise for at least 30 minutes every day.
- Drink half your weight in ounces of water every day.
- Challenge yourself to reduce your intake of alcohol, soda or sugar.  
Bonus challenge: remove alcohol, soda, or added sugars from your diet (fruit and honey are okay).

### SPIRITUAL

- Read the Bible for 20 minutes every day, pray and journal about the scripture.
- Spend time in intentional prayer.
- Attend worship at King of Kings every week (unless you have a pre-planned trip, in that case, attend by watching online).
- Trust God with your tithe (10%) and commit to supporting the ministries of King of Kings.
- If you have children in your home, pray with them and for them at bedtime.
- Consider a fast in order to spend time in intentional prayer.