

October / November 2025

Week 10/20 - 10/26



Spiritual Challenge

Colossians 3:14 "And over all these virtues put on love, which binds them all together in perfect unity."

Relational Challenge

May love be the thread that weaves peace through every area of your life. When things feel scattered or uncertain, may love hold it all together and you reach out to your Ironmen!

Physical Challenge

Workout application:

3 sets 14 Deep squats in faith)

3 minute run

14 minute walk

Reread, pray, reflect

Journal your thoughts

October / November 2025

Week 10/27 - 11/2



Week 2

Spiritual Challenge

1 John 3:24 NIV - "The one who keeps God's commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us."

Relational Challenge

May your life echo the commands of love and truth—not as burdens, but as pathways to deeper fellowship. May the Spirit within you confirm God's presence in quiet assurance. May you live knowing that you are never outside of God's abiding. Your Innonmen are here for you

Physical Challenge

Workout application

1 minute low plank (Jesus at the core)

4 sets 24 jumping jacks (For joy)

Reread, pray, reflect

Journal your thoughts

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Week 11/3 - 11/9



Spiritual Challenge

Romans 5:5 - And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Relational Challenge

May you receive the fullness of that poured-out love. May your hope remain unshaken. In quiet moments, may the Spirit remind you that you are loved deeply, irrevocably, and that love will carry you through every valley.

Physical Challenge

Workout application:

15 minute run (Jesus ran..... A MINISTRY)

5 minute walk

reread, repeat, pray, reflect

Journal your thoughts

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Week 11/10 - 11/16



Week 4

Spiritual Challenge

1 John 4:12 "No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us"

Relational Challenge

May your acts of love become windows through which the unseen God is revealed. May you be a dwelling place of divine love, and may that love within you grow ever more complete. In your relationships may God be made known.

Physical Challenge

Workout application:

1 minute low plank (focus on Jesus core)

4 sets 12 pushups pushing your faith)

Reread, pray, reflect

Journal your thoughts