

# August 2025

## Monthly Challenge

Week 1

### Spiritual Challenge

Memorize Zechariah 1:3

### Relational Challenge

Identify a recurring lie you believe about yourself in a relationship. When it comes, reject it out loud in Jesus' name and ask God to replace it with His truth. Share the specific lie with this table everytime it comes to mind for prayer and accountability.

### Physical Challenge

3 sets with 90 seconds rest in between each set:

- 25 Push Ups
- 45 second Plank
- 20 Floor Bridges
- 25 Squats
- 10 Tricep Dips

**OR**

Take a brisk 20-min walk

Week 2

### Spiritual Challenge

Memorize 1 John 1:9

### Relational Challenge

This week, identify one wrong in a relationship. Proactively go to that person, own it completely without making excuses, and ask for forgiveness. Text this table group who you plan to approach and what you will confess. Follow up after you've done it.

### Physical Challenge

3 sets with 90 seconds rest in between each set:

- 40 Mountain Climbers
- 15 Superman Stretches
- 15 Burpees
- 25 Squats
- 20 Push Ups

**OR**

Take a brisk 20-min walk

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## Monthly Challenge

Week 3

### Spiritual Challenge

Memorize Zechariah 6:12. Identify how you will live out your calling to build the temple of the Lord around you.

### Relational Challenge

Identify a past, forgiven failure in a relationship where guilt remains. This week, do one proactive, positive act for that person based on your new identity, not the old mistake.

### Physical Challenge

3 sets with 90 seconds rest in between each set:

- 25 Lunges
- 40 Mountain Climbers
- 10 Star Jumps
- 20 Air Bike
- 25 Leg Raises

**OR**

Take a brisk 30-min walk

Week 4

### Spiritual Challenge

Memorize Micah 4:5. How do you intend on living out God's vision for your life?

### Relational Challenge

This week, verbally affirm somebody's identity in God, reminding them of their commission. Tell this table who you'll encourage, which helps you live out your own recommissioning.

### Physical Challenge

3 sets with 90 seconds rest in between each set:

- 40 Jumping Jacks
- 20 Squats
- 30 Crunches
- 10 Push Up To Planks
- 10 Tricep Dips

**OR**

Take a brisk 30-min walk