



# The Remnant Plan

*Let's Get "SERIOUS"  
With GOD.....About GOD!*

# March Challenge

Welcome to month one of our challenges.

Congratulations on making the decision to accept the challenge. I'm sure it will be a breeze for some, but for others, it might be an excruciating challenge. If that's you, I'm especially proud of you. Staying the course is not always easy, but I know you will enjoy the good fruit of your perseverance, especially in your relationships and marriage if you're married. Yet for all, I know the enemy will tempt you to give up or blow off days along the way. Don't listen to that nonsense. And if you fall down a couple times, do not give up. Don't ever give up. Just get back on track, one day at a time.

As we get on with the challenge, I'll ask you again...How much do you really want change? Are you ready to be transformed, step by step and day by day, in order to be the husband, father, wife, mother and servant of the Lord that you are called to be? Are you willing to be challenged and convicted? Do you desire to honestly look back six months from now and say, "by God's grace I have come so far, and I will never again settle for average complacent and lukewarm living." If that's you, then stay buckled up! This is a journey that will change everything about you. Ready, Set, Let's Go!

1. Read the book of Matthew. (Whatever pace you decide.)
2. Send 20 encouraging text messages to 20 different people throughout the month (A group text doesn't count).
3. Eliminate all secular music for the entire month. (you can listen to any style of Christian or worship music)
4. Date Night with your spouse at least twice during the month. (If you're single:) Go out with a friend that encourages your walk with God.
5. If you are physically able to, Men do 20 pushups, Women do 15 pushups (ladies style) 60 plus....can do leglifts or armlifts in place or pushups.
6. Carry an actual Bible with you every time you come to a service. (the church will provide you with a Bible if you need one.)

7. No sodas, energy drinks, or alcohol!
  
8. Do something for your spouse or friend once a week. (a note, card, text, phone call, candy, etc.)  
Men should get flowers for their spouse once during the month.  
Women should cook their husbands a meal of their choice once a month. (within reason)
  
9. Get out of your comfort zone and ask a stranger if you can pray for them. (this should be done at least 2 times a month) and Fast meals at least 4 times during the month.
  
10. Any distance can be set, but start making it a priority every week to walk or run more than normal. There will be an in-house prize for the ones that log the most distance for the whole month. Regular daily “steps” do not count.  
(please be honest!)

That’s it for March! I bet you thought it would be a lot tougher, didn’t you? I have zero doubt that you can follow through with this plan. So stay the course! And remember, we’re on the honor system. This is between you and God, so make Him proud! Blessings in your season of change.

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