

IGNITE Youth Run (Ages 14-18)

Template

Example:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will have a cleaner diet, more physical activity, a stronger prayer life, a deeper understanding of Scripture, and closer godly friendships.*

- **God-** I will pray for 5-15 minutes every day and read my Bible for 5-10 minutes a day.
- **God's Body-** I will communicate with an IGNITE buddy weekly for check-ins and prayer.
 - **Questions to ask each other weekly:**
 - **What are you working on?**
 - **How can I pray for you?**
 - **How are you sleeping?**
- **My Body-** I will limit my junk food intake to the weekends and walk 15 minutes per day 3-5 days per week.

Goal Ideas:

1. God
 - a. Read 1-3 chapters in the Bible per day (at least 5 mins total in Scripture per day)
 - b. Watch 1 video on RightNow Media 3 days per week
 - c. Attend IGNITE Youth Ministry every Sunday
 - d. Attend WOF's Thursday Night Study and/or IGNITE's mid-week Bible study
 - e. Share your faith with 1 person at school each week/Tell 1 person "Jesus loves you" every week
 - f. Memorize 2-5 verses of scriptures within the 40 days
 - g. Limit secular music to 1-2 days per week or eliminate it
 - h. Listen to sermons or faith-based podcasts 1-3x per week
2. God's Body
 - a. Find a partner to pray with weekly and/or read Scripture with weekly
 - b. Check in weekly with an IGNITE buddy
 - c. Volunteer at church 2x within the 40 days

- d. Join the IGNITE Mentorship Circle
 - e. Attend IGNITE events like the prayer parties, skate nights, etc.
 - f. 5-7 days per week, have one meal per day with family without TV or social media interference
 - g. Join the Student IGNITE GroupMe Community and engage with the people and provided resources
3. My Body
- a. Limit junk food, sweets, soda and juice to 2 days per week
 - b. Drink an extra cup of water than usual per day
 - c. Establish a consistent bedtime and stick to it, getting an average of 8 hrs of sleep per night
 - d. Do 25-50 squats and 10 push-ups 3-5 days per week
 - e. Walk 20-30 minutes a day 3-5 days per week
 - f. Limit screen time (TV, video games, social media) to 1 hour or less a day

Fill in the Blanks:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will _____*

(Insert overall vision for your relationship with God, your relationships with others, and the condition of your own body—the temple of the Holy Spirit.)

I will pursue wholeness in ...

- **God-** I will _____ *(Insert goals for prayer, worship, and Scripture.)*
- **God's Body-** I will _____ *(Insert goals for your relationship with other believers, whether family, friends, or small group.)*
- **My Body-** I will _____ *(Insert goals for fitness, nutrition, or other areas of physical wellness.)*