

## 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.)*