

Marathon (Spiritually Advanced)

Template

Example:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will have lower cholesterol, better cardiovascular endurance, more intimacy with God, more peace, and a deeper connection with my family through Christ.*

I will pursue wholeness in ...

- **God-** I will pray/worship for 20-30 minutes daily and read Scripture 10-30 minutes per day.
- **God's Body-** I will host family devotionals weekly, focusing on prayer, worship, Scripture, and accountability for our "pursuit" goals.
 - **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 eliminate junk food and focus on protein and vegetables 5-7 days per week; I'll do 30 squats and 10 push-ups 2-3 days per week .

Goal Ideas:

1. God
 - a. Pray/worship 20-30 minutes per day
 - b. Read Scripture 10-30 minutes per day
 - c. Eliminate secular music
 - d. Fast from social media, food, or TV for 1-3 days at a time
 - e. Read a book for spiritual enrichment
2. God's Body
 - a. Join a Life Group
 - b. Find a prayer partner
 - c. Engage a gym buddy
 - d. Do family devotionals
 - e. Check in weekly with an accountability partner/group for mental health checks and progress on goals

3. My Body

- a. Focus on protein and vegetables 5-7 days a week
- b. Eliminate junk food
- c. Drink 3-4 more cups of water than usual per day
- d. Walk around the neighborhood 20-30 minutes 2-3 days per week
- e. Do a 15-30-minute workout video 2-3 days a week
- f. 25-50 squats and 10-20 push-ups 3x per week

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.)*