



35-DAY
GOD
CHALLENGE

COMMUNITY CHRISTIAN ASSEMBLY

A Catalyst to Spiritual F.I.T.ness

JESUS IN 6D

In the following boxes you will find 6 descriptive “snapshots” of who Jesus was on the earth. These become 6 dimensional goals of who each of us is to become.

PASSIONATE PURSUER

A Passionate Pursuer strives to know God intimately as evidenced by his/her daily commitment to emotionally and mentally seeking God first and most through prayer, Bible meditation, fasting, worship, and total obedience.

INTERDEPENDENT MEMBER

An Interdependent Member sees relationships with others as an extension of one’s relationship with God, loves others as God loves them, is connected to a local church, and promotes unity within the universal Church.

SPIRIT-LED FOLLOWER

A Spirit-led Follower pleases God and gives a taste of Jesus to their world by totally and immediately obeying the Word of God as applied, guided, and empowered by the Holy Spirit.

SELFLESS SERVANT

A Selfless Servant seeks to honor God by faithfully serving, spontaneously and organizationally, the Lord Jesus Christ in every arena of their life by helping others compassionately, practically, and unconditionally, according to their own responsibilities, abilities, and availability.

GLOCAL MISSIONARY

A Glocal Missionary is an active, growing participant in God’s mission - reaching those in my world and around the world for Christ as well as discipling others to become like Christ by praying specifically, caring practically, and sharing appropriately.

SACRIFICIAL INVESTOR

A Sacrificial Investor, realizing what he/she possesses is from God and is God’s; returns the first tenth (tithe) of increase to God faithfully; gives generously beyond the tithe; and, being led by the Holy Spirit, is willing to sacrifice whatever time, treasure, or talents God asks for the sake of His kingdom’s work.

MATERIAL DIMENSION

SACRIFICIAL INVESTOR

Initial Tipper: "I give how much and when I feel like giving."

Regular Donor: "I give a regular amount on a regular basis."

Faithful Tither: "I recognize that I am a steward and God is the owner. The tithe is God's and I return the first 10% to Him faithfully knowing that as I give Him the first, He redeems the rest."

Generous Giver: "I continue to faithfully tithe as the God's Word says. I give above and beyond the tithe as the Holy Spirit leads me."

Sacrificial Investor: "I faithfully tithe, give above the tithe, and am willing to sacrifice my comfortable lifestyle as God leads for the fulfillment His mission."

(Example: I will give 5% above my tithe as the Holy Spirit leads)

SACRIFICIAL INVESTOR	
My Present Reality...	Growth Plan Elements
<p>In reading the above stages on the Material Dimension continuum, I see myself as a... • Initial Tipper</p> <ul style="list-style-type: none"> • Regular Donor • Faithful Tither • Generous Giver • Sacrificial Investor <p>What are some barriers and/or fears that could hinder you from progressing to become a Sacrificing Investor?</p>	<p style="text-align: center;"><i>"A generous person will prosper; whoever refreshes others will be refreshed."</i> Proverbs 11:25</p> <p style="text-align: center;">(circle all that apply)</p> <p style="text-align: center;">Paradigm Shift From owner to manager</p> <p style="text-align: center;">See stewardship as a part of discipleship Think "what can I give?" rather than "what do I get?"</p> <p style="text-align: center;">Debt Reduction</p> <p style="text-align: center;">Money Management Training Financial Peace University attendance or something similar</p> <p style="text-align: center;">Time Management</p> <p style="text-align: center;">Intentional Planning Establish goals Make/follow a budget</p>

SMARTER NEXT STEP
(Spirit-led, Measurable, Achievable, Relevant, Time-stated, Energizing, Rewarding)

When I hear the word, "fitness," I think of physical fitness. There is much attention and priority given to physical fitness. However, what about spiritual fitness? Paul addresses it in 1 Timothy 4:7b-9. "...train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. This is a trustworthy saying that deserves full acceptance." Godliness is synonymous with spiritual fitness.

Jesus said, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing" (John 15:5). All followers of Jesus desire to "bear much fruit."

This only happens by being in close fellowship with Jesus; i.e. being spiritually fit. Realizing this truth, I want to introduce you to a 35-Day God Challenge: a Catalyst to Spiritual F.I.T.ness. This is designed to inspire and equip you to start or enhance the spiritual disciplines you apply in your life.

F.I.T. in F.I.T.ness stands for Forward, Intentionally Together. These ARE three words our church can adopt as a theme for 2024.

- Forward indicates the desire to make changes to grow in becoming like Jesus in character, priority, and mission.
- Intentionally refers to the fact that growth doesn't just happen. To grow there must be planned steps of action.
- Together encompasses 100% participation and unity. Everyone wants their church to grow. In reality, the church is an organism. In order for the church to grow, each individual needs to grow; i.e., be on the path to spiritual fitness.

During this 35-Day God Challenge you will concentrate on identifying a new

and/or improved next growth step in each dimension. It is best to focus on no more than two dimensions (areas) per week. I would suggest on Day 1 you would start with the two dimensions that resonate with you most. On Day 8 you work on two more and on day 15 you would work on the last two dimensions. It has been said that it takes 21 days to establish a new habit. Therefore, ideally, at the end of 35 days you will have engrained six new and/or improved spiritual discipline habits in your life.

Using the worksheets

This booklet contains worksheets for the six dimensions in our lives. On day one, after praying for the Holy Spirit’s direction, choose the two dimensions that you are drawn to first. For each dimension worksheet, start with evaluation in the column labeled, “My Present Reality.” Second, circle the items in the “Growth Plan Elements” that you seem drawn to. From those circled items, choose the one that you sense is the most important for you at the present time. In the “Smarter Next Step” box write a specific action step that you will begin implementing on a regular basis. Make sure that it is specific and realistic. At the beginning of weeks two and three, choose two different dimensions and follow the same procedure.

Relationships

These new next steps are not just New Year’s resolutions. You want them to be Holy Spirit revelations – steps the Holy Spirit is leading you to take on your journey of becoming spiritually fit. Relationships are critical to follow through.

Accountable Relationship. There is a saying that says, “You get what you inspect and not what you expect.” A huge part of seeing the new growth steps become embedded into your lifestyle is making yourself accountable to someone else. This entails sharing what the Holy Spirit is leading you to do and asking them to pray for you as well as to be willing to serve as an accountability partner.

Mentor Relationship. A key element in fitness is a coach or personal trainer. Discipleship is more caught than taught. Instruction and relation are key elements to becoming spiritually fit.

Exponential Growth Principle

$$3 \times 3 \times 3 \times 3 \times 3 = 729 \quad 4 \times 4 \times 4 \times 4 \times 4 = 4096$$

An increase of “1” in each number increased the outcome by over 5.5 times. Just think...as you incrementally add or improve in each of the 6 dimensions you will see exponential growth in your personal life. As each

person who calls CCA their church home commits to Forward, Intentionally Together by using this 35-Day God Challenge as catalyst to spiritual health and growth, just imagine what exponential growth will be experienced!

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:20-21

MISSIONAL DIMENSION
GLOCAL MISSIONARY

Private Believer: “I keep my faith to myself.”

Willing Witness: “I realize I am to be witness for Christ. I am willing, but I need training.”

Gospel Sharer: “I readily share Jesus when the opportunity presents itself in my

“Jerusalem.” **Glocal Missionary:** “I share Christ in my world and accept the responsibility to be involved in God’s mission throughout the world.”

GLOCAL MISSIONARY	
My Present Reality	Growth Plan Elements
<p>In reading the above stages on the Missional Dimension continuum, I see myself as a... • Private Believer</p> <ul style="list-style-type: none"> • Willing Witness • Gospel Sharer • Glocal Missionary <p>Describe your personal commitment to ... Reaching the lost in your world.</p> <p>Reaching people around the world through world missions.</p>	<p><i>“you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” Acts 1:8b</i></p> <p>(circle all that apply)</p> <p>Personal Evangelism Pray for pre-Christians Develop relationships with pre-Christians Receive training to become more effective in sharing the gospel Intentionally invite others to church service Pray for divine appointments Volunteer/lead servant evangelism outreach</p> <p>World Evangelism Pray for workers in the harvest field Pray for more workers Give finances to support missionaries and missions organizations Go on a U.S. or foreign missions trip</p>

SMARTER NEXT STEP
 (Spirit-led, Measurable, Achievable, Relevant, Time-stated, Energizing, Rewarding)

(Example: I will share the gospel with at least one person per month.)

In reading the above stages on the Influential Dimension continuum, I see myself as a... • Cultural Blender

- Selective Believer
- Rules Observer
- Spirit-led Follower

I am _____ led by the Holy Spirit...
 Never Seldom
 50/50 Most of the time Always

I am struggling with immediate and total obedience in the following area(s)....

"Since we live by the Spirit, let us keep in step with the Spirit." Galatians 5:25

(circle all that apply)

Daily Confession of sin

Throw off what is hindering growth
 Not wrong, but not best
 Breaking bad habits
 Say "no" to good so you can say "yes" to best

Winning the battle of the mind
 Specific Bible verses memorization
 Cut back on "mindless" activity

Deliverance from addiction
 Deliverance ministry
 Join a recovery/support small group

Authenticity Commitment
 Be light and salt 24/7

Physical Health
 Eating habits
 Exercise
 Rest

INFLUENTIAL DIMENSION
SPIRIT-LED FOLLOWER

Cultural Blender: "I say, "I am Christian," but people would not know it because of my lifestyle."

Selective Believer: "I might be called a 'Cafeteria Christian' as I pick the parts of the Bible that I want to believe. When it comes to obeying God, I choose what, when, where, how."

Rules Observer: "I have to obey God or else. To me, being a Christian is about the do's and don'ts. God's acceptance of me is based on me doing the right thing."

Spirit-led Follower: "I want to obey God with right actions and right attitudes. I strive to be led by the Holy Spirit to be holy every area of my life. My lifestyle reflects my love for God and is a light of God's life in my world."

SPIRIT-LED FOLLOWER	
My Present Reality	Growth Plan Elements

SMARTER NEXT STEP
 (Spirit-led, Measurable, Achievable, Relevant, Time-stated, Energizing, Rewarding)

(Example: I will ask the Holy Spirit in the morning to guide my steps each day.)

SPIRITUAL DIMENSION
PASSIONATE PURSUER

Curious Seeker: "I believe in God's existence and am interested in spiritual things."
Spiritual 'Roller Coaster': "I have received Jesus as my Savior and but I am sporadic (up and down) in spiritual disciplines, i.e. prayer, Bible reading, church attendance, etc."
Discipline Doer: "I am a faithful worship attendee and have a regular devotional time with God."

Passionate Pursuer – “I strongly desire and actively choose to know, love, and serve God first and most.”

INTERDEPENDENT MEMBER

PASSIONATE PURSUER	
My Present Reality	Growth Plan Elements
<p>On the Spiritual Dimension continuum, I see the stage I am in as...</p> <ul style="list-style-type: none"> • Curious Seeker • Personal Receiver • Discipline Doer • Passionate Pursuer <p>My current spiritual passion (emotion + action) temperature level is...</p> <p style="padding-left: 20px;">Ice Cold Cool Room temperature Warm Hot Boiling</p> <p>A reason for my current temperature is...</p>	<p style="text-align: center;"><i>“Consider how far you have fallen! Repent and do the things you did at first.” Revelation 2:5</i></p> <p style="text-align: center;">(Circle all the Holy Spirit is impressing upon you)</p> <p style="text-align: center;">Prayer</p> <p style="padding-left: 20px;">Personal Corporate Prayer meeting Praying in the Spirit Commitment to listening for God’s voice Praise/thanksgiving attitude Daily confession</p> <p style="text-align: center;">Word of God</p> <p style="padding-left: 20px;">Reading plan Study Meditation Memorization Journaling</p> <p style="text-align: center;">Fasting</p> <p style="padding-left: 20px;">Church emphasis Personal discipline</p> <p style="text-align: center;">Corporate Worship</p> <p style="text-align: center;">Retreat</p> <p style="padding-left: 20px;">Silent prayer Family Camp</p> <p style="text-align: center;">Other _____</p>

Dependent Taker: “I NEED YOU to do this for me.” (dive)
Independent Loner: “I don’t need you. I CAN DO IT MYSELF.” (survive)
Interdependent Member: “I can do it myself. However, I realize WE DO IT BEST TOGETHER.” (thrive)

INTERDEPENDENT MEMBER	
My Present Reality	Growth Plan Elements
<p>In reading the above stages on the Interdependent Dimension continuum, I see myself as...</p> <ul style="list-style-type: none"> • a Dependent Taker • an Independent Loner • an Interdependent Member <p>I would describe the quality of relationship with my _____ as...</p> <p>Spouse</p> <p>Children</p> <p>Extended family</p> <p>Church</p> <p>Friends</p>	<p style="text-align: center;"><i>“As I have loved you, so you must love one another.” (John 13:34a)</i></p> <p style="text-align: center;">(circle all that apply)</p> <p style="text-align: center;">Improving relationship with...</p> <p style="padding-left: 20px;">Spouse Children Extended family Friends Co-workers</p> <p style="text-align: center;">Intentionally make and/or connect with church friends more</p> <p style="text-align: center;">Relational Dynamics</p> <p style="padding-left: 20px;">Empathetic Listening Assertiveness Forgiveness Acceptance Conflict resolution Relational reconciliation</p> <p style="text-align: center;">Commit to church membership</p> <p style="text-align: center;">Enlist Prayer Partner/ Accountability</p> <p style="text-align: center;">Friend Enlisting a mentor</p> <p style="text-align: center;">Other _____</p>

SMARTER NEXT STEP
<p>(Spirit-led, Measurable, Achievable, Relevant, Time-stated, Energizing, Rewarding)</p> <p>(Example: I am going to read my Bible for 20 min. and pray for 10 min. 5 days/week)</p>

RELATIONAL DIMENSION

SMARTER NEXT STEP

(Spirit-led, Measurable, Achievable, Relevant, Time-stated, Energizing, Rewarding)

(Example: I will meet and pray with a friend at least 2 times/month for the purpose of executing my discipleship plan.)

**MINISTERIAL DIMENSION
SELFLESS SERVANT**

Selfish Consumer: "Give me what I want."

Spiritual Consumer: "Give me what I want...in Jesus' name."

Self-centered Server: "I serve to be noticed, appreciated and/or served."

Selfless Servant: "I am a servant so how can I help you?"

SELFLESS SERVANT

My Present Reality

Growth Plan Elements

In reading the above stages on the Ministerial Dimension continuum, I see myself as a... • Selfish Consumer

- Spiritual Consumer
- Self-centered Server
- Selfless Servant

In what ways areas are you serving?

In your church?

In your community?

In your everyday life?

How do you currently feel about your quantity, quality, attitude regarding your service?

"Whatever you do, work at it with all your heart, as working for the Lord." Colossians 3:23

(circle all that apply)

Paradigm Shift

"I am a servant of Christ 24/7!"

Become more of a servant at home

Church Ministry

Find a need and fill it.

Discover how I uniquely am created to serve.

Be faithful, available, and teachable.

Ongoing training to be more effective in current

ministry **Serving Neighbors**

Community Service

Intentional acts of kindness

Regular volunteer commitment

Plan Acts of Kindness

SMARTER NEXT STEP

(Spirit-led, Measurable, Achievable, Relevant, Time-stated, Energizing, Rewarding)

(Example: I will serve at least 2 times/month in the Nursery ministry at my church)