The 30:30 Challenge: The goal is to get into God’s presence and God’s Word for 30 minutes for each of the next 30 days.

1. Worship: (5-10 min)
   * Thanksgiving: Enter into His presence with thankfulness.
   * Listen to 1 or 2 songs: (create a playlist of worship songs that easily lead you into the presence of God.)
2. Bible (10-15 min)
   * Read the Bible: Pick a book of the Bible and systematically read 1-3 chapters a day. Highlight verses that grab your attention.
   * Pray the Bible: We are transformed when we take the Bible into God’s presence and interact with Him. Read a Psalm and then pray it back to God in first person (start with Psalm 1 and work through 150)
3. Prayer (10-15 min)
   * Fellowship with God: Express your heart to God and allow Him to share His heart with you.
   * Pray for yourself: Create a list of Scriptures to pray for yourself.  
     *John 15:9 "Just as the Father has loved Me, I have also loved you; abide in My love.* Prayer: “Jesus, I ask for grace to abide in Your love today.”  
     *Eph 3:16 “[I pray] that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man”* Prayer: “God strengthen me today with Your power by the Holy Spirit.”  
     *Eph 5:18 “be filled with the Spirit”* Prayer: Lord, fill me with the Holy Spirit today.”  
     *Eph 4:29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear*. Prayer: “Guard my speech today. Let me speak words of life and not of death”
   * Pray for Others: Pray for your family, friends, leaders and those who don’t know Jesus by name.

4. Listen to God (5-10 min)

* Listen and Journal: Ask, “Father, is there anything You want to say to me today?” Write in a journal the words and Scriptures God speaks to you

TIPS FOR BUILDING NEW HABITS

* When building new habits we need to be frequent and flexible. It is helpful to have a first best time, a second best time and a third best time each day to develop this habit.
* If you only plan for 9am and you miss it, then you missed that day.
* If you aim for 9am, 12pm and 7pm you are more likely to hit your goal
* Have a back up plan. Try not to be rigid with your times.
* **The only thing that you should expect is that your days are not going to go as planned.**
* Your probability of being successful is dependent on your ability to shake off your misses. If you miss a day or time don’t beat yourself up. Just get back on schedule.

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | 10.1 |
| 10.2 | 10.3 | 10.4 | 10.5 | 10.6 | 10.7 | 10.8 |
| 10.9 | 10.10 | 10.11 | 10.12 | 10.13 | 10.14 | 10.15 |
| 10. 16 | 10.17 | 10.18 | 10.19 | 10.20 | 10.21 | 10.22 |
| 10.23 | 10.24 | 10.25 | 10.26 | 10.27 | 10.28 | 10.29 |
| 10.30 |  |  |  |  |  |  |