



Berean Christian Church Henry
Dr. Kerwin B. Lee, Senior Pastor

21 DAY

Faith Challenge



Matthew 6:25-34

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26) Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27) Can any one of you by worrying add a single hour to your life? 28) "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29) Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30) If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31) So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32) For the pagans run after all these things, and your heavenly Father knows that you need them. 33) But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34) Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (NIV)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY 2019 Daily Scriptures should be read in NIV.		1 Attend one hour prayer service. FAITH Acts 12:1-5	2 Dress in B-wear attire. FASHION Ecclesiastes 9:8	3 Pay for someone else's meal. FINANCE Proverbs 11:25	4 Walk for at least 30 minutes. FITNESS Luke 24:13	5 Refrain from eating sweets. FOOD Daniel 1:8-11
6 Worship together as a family in church. FAITH Joshua 24:15	7 Compliment people on their clothing throughout the day. FASHION Proverbs 31:22, 25, 28	8 Begin a savings plan for the year. FINANCE Genesis 41:29-36	9 Discover a new workout exercise. FITNESS I Timothy 4:8	10 Drink one gallon of water. FOOD Ezekiel 4:11	11 Read one chapter from the book of Proverbs. FAITH Joshua 1:8	12 Declutter/Clean your closet. FASHION I Corinthians 14:40
13 Pay extra on your smallest bill. FINANCE II Kings 4:1-7	14 Exercise with a friend or family member. FITNESS Ecclesiastes 4:9, 10	15 Avoid all fried foods. FOOD III John 1:2	16 Share last week's sermon on Social Media or any form of technology. FAITH Jeremiah 36:11-16	17 Donate articles of clothing to an outreach center. FASHION Matthew 25:35, 38-40	18 Avoid spending money unnecessarily. FINANCE Luke 15:13, 14	19 Schedule a physical. FITNESS Luke 5:31
20 Eat only vegetables today. FOOD Proverbs 15:17	21 Set goals for the year. FUTURE Philippians 3:12, 13	In Matthew 6:25-34 Jesus shares five things believers should not worry about: Fashions, Finances, Fitness, Food and the Future. Instead the Master stresses for us to be more concerned about our Faith in God. The first 21 days of 2019 all members of Berean are asked to accept this Faith Challenge by adhering to the established calendar and participating in the daily activities.				