



# Together22

A 22-day challenge to deepen your relationship with Jesus Christ

AS YOU ATTEND CHURCH WEEKLY, WE CHALLENGE YOU TO TAKE OTHER STEPS THROUGHOUT THE WEEK TO ENGAGE IN LOVING THE LORD WITH YOUR **HEART, SOUL, MIND, AND STRENGTH.**

**Daily Checklist** (Choose one action step from the boxes below that corresponds with the icon for the day)

- |                                |                                 |                                 |                                 |
|--------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 7  | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 19 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 8  | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 20 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 9  | <input type="checkbox"/> Day 15 | <input type="checkbox"/> Day 21 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 16 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 5 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 17 |                                 |
| <input type="checkbox"/> Day 6 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 18 |                                 |

## HEART

## SOUL

## MIND

## STRENGTH

<b>DAY 1</b> Write out 10 things you are grateful for today (we call this a gratitude list)	<b>DAY 2</b> For one car ride today, tell God how you are feeling instead of listening to music or media.	<b>DAY 3</b> Memorize a short scripture and share it with someone.	<b>DAY 4</b> Invite someone to come to church with you this weekend.
<b>DAY 5</b> Send an encouraging text to someone you haven't talked to in a while	<b>DAY 6</b> Tell God three things you love about Him.	<b>DAY 7</b> Start Eleven22's Discipleship course, Growth Track (or encourage someone else to start if you've finished)	<b>DAY 8</b> Take a short walk and pray for one neighbor to come to know Jesus as their Lord and Savior.
<b>DAY 9</b> Think about someone that has wronged you in life, take a moment, and pray that God blesses them.	<b>DAY 10</b> Put a worship song on while you drive in the car.	<b>DAY 11</b> Listen to this week's Deepen podcast episode.	<b>DAY 12</b> Do a physical act of service.
<b>DAY 13</b> List out 10 people you are thankful for in your life and express gratitude to God for them.	<b>DAY 14</b> Take a moment and pray for Christians in other countries who cannot meet together easily.	<b>DAY 15</b> Study the meaning of one of God's character traits. Look up the word and meditate on what that tells us about God. (ex: just, eternal, holy)	<b>DAY 16</b> Each time you drink water, think about God being the Living Water. Thank Him for quenching our thirst and meeting every need.
<b>DAY 17</b> Look for a generosity opportunity today and take it (try and stay anonymous)	<b>DAY 18</b> Sit outside for 10 minutes doing nothing but admiring creation/nature and thanking God for it.	<b>DAY 19</b> Write down your 3-5 most common negative thoughts about yourself or life. Surrender them to Jesus and cover them with the statement "I am a blood-bought son/daughter of the King."	<b>DAY 20</b> Schedule one appointment for your health and wellness you have been putting off.
<b>DAY 21</b> Read Matthew 11:28-30 five times out loud.	<b>DAY 22</b> List 10 ways God has been faithful in your life (where you have felt or seen His goodness come through)	<b>BONUS</b> Listen to a past <a href="#">Eleven22 sermon</a> and share it with someone	<b>BONUS</b> Exercise for 30 minutes while listening to <a href="#">worship music</a>
<b>BONUS</b> Create a gratitude list of 22 things and place it where you will see daily. Listen to a past sermon <a href="#">HERE</a> to learn more	<b>BONUS</b> If medically able, fast from food for the day (or fast from something else). Check out our Family Fasting Guide <a href="#">HERE</a>		

**JOIN THE TOGETHER22 CHALLENGE!**

*"And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." – Mark 12:30*