



THE MARE & THE MULE



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INSPIRED BY THE BOOK:
THE STARTING POINT

THE FAITH-FULL *Forty Day Challenge*

LET'S DO THIS!

THE GOAL:

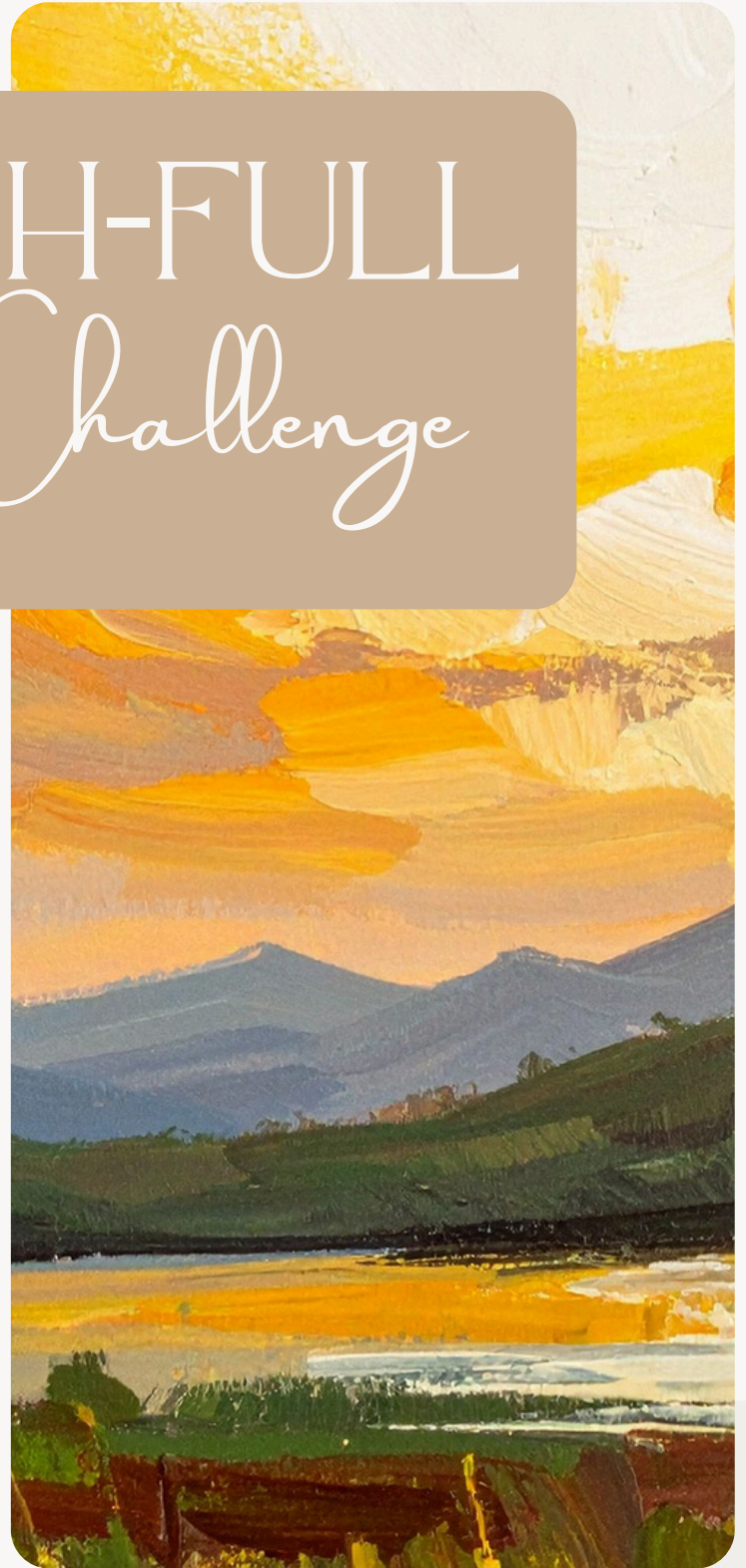
FORTY DAYS OF FAITH BUILDING HABITS THROUGH INTENTIONAL ACTS OF DEVOTION. THE PURPOSE IS TO BUILD AND STRENGTHEN OUR SPIRITUAL PRACTICE AND RELATIONSHIP WITH GOD.

THE PLAN:

DAILY ENCOURAGEMENTS THROUGH PRAYER, MEDITATION AND WORSHIP OVER THE COURSE OF 40 DAYS.

THE WHY:

WE BELIEVE THAT HEALING FROM THE INSIDE OUT STARTS WITH A HEART CHANGE. THROUGH SEEKING AND STRENGTHENING OUR FAITH, WE ARE ABLE TO ACCESS AND EXPERIENCE THE TRANSFORMATIVE POWER OF GOD IN OUR DAILY LIVES.



MONDAY, MAY 4TH
THROUGH
FRIDAY JUNE 12TH
2026

WHAT DOES IT MEAN TO BE FAITH-FULL?

TO BE FAITH-FULL IS TO LIVE A LIFE THAT IS DEVOTED TO JESUS WHERE AUTHENTICITY, JOY AND GRATITUDE BECOME OUR DEFAULT APPROACH TO EXPERIENCING LIFE.

TO BE FAITH-FULL IS LEARNING HOW TO DEVELOP OUR SPIRITUAL CHARACTER; ONE THAT IS DEPENDABLE, DEVOTED, TRUSTWORTHY, CONSISTENT, RELIABLE AND STEADFAST IN OUR RELATIONSHIP WITH GOD.

BEING FAITH-FULL A WAY OF LIFE. IT IS A DECLARATION THAT LIFE IS BETTER WHEN WE HAVE JESUS IN IT.

How would you describe your current level of faith-fulness in your relationship with God? On a scale of 1-10 (1 being no relationship and 10 being in a deep and trusting relationship) how would you rate your current walk with faith?

What number would you like to reach by the end of this forty day challenge?

What do you want to gain from completing The Faith-Full Forty Challenge?

Why now? Why do you want to do this challenge?

Describe the person you see yourself being after these next 40 days. How do you feel? What are you doing? Who are you with? What does your relationship with God look like?



THE *faith-full forty* FORMAT

BECOMING FAITH-FULL REQUIRES INTENTIONAL EFFORTS TO HONOR CONNECTION AND TIME IN OUR RELATIONSHIP WITH GOD. DURING THE NEXT 40 DAYS, WE WILL FOCUS ON PRIORITIZING PURPOSEFUL PRACTICES THAT ALLOW US TO DEVELOP AND DEEPEN OURSELVES TO HEAR AND RESPOND TO GOD WITH MORE CLARITY AND INSIGHT.

THE GOAL IS **NOT** TO FOCUS ON WHAT YOU CAN DO. THE GOAL IS TO FOCUS ON INVESTING IN YOUR RELATIONSHIP WITH GOD WITH SINCERITY AND HUMILITY.



The Faith-Full Forty #1: Prayer

Prayer is communicating with God about anything. We bring to Him our worries & struggles and we bring to him our gratitude and joy. Write down 3 things you are praying for over these next 40 days that you would like to see God respond to.

The Faith-Full Forty #2: Meditation

Time to meditate on God's word requires us to spend time in the bible. We learn directly from Him the truth of what we seek. The Gospels (Matthew, Mark, Luke & John) will be our focus for building our faith-fullness. On your calendar, mark down a specific time you will dedicate to reading the bible.

The Faith-Full Forty #3: Worship

Worship involves honoring God in anything and everything that we do. From making the bed, driving around town to going to church and singing songs, we can worship and be grateful for what God has done for us at anytime. Write down 5-10 ways you will consciously worship God during the next 40 days.

Below write down anything that currently you are working to improve on. In the space next to it, write down what a Faith-Full response would look like specific to your challenges

Faith-in-Training

ex: fear of failure in completing the challenge



Faith-Full

ex: I fail if I don't try. God is with me. There is no failing.

Write below your heart-felt message to God about taking on The Faith-Full Forty Challenge. Share with Him your intentions, your heart, and any worries or thoughts you have about starting this challenge to pursue closeness to Him.

What do you need to feel encouraged as you take the steps to becoming more faith-full? How will you celebrate when you complete the challenge?

THE FAITH-FULL FORTY DAY CHALLENGE



LET'S GO!



WRITE DOWN FOR EACH 10-DAY CYCLE AN INTENTION OR GOAL WITH THE THEME AS YOUR FOCUS FOR EACH OF THE PURPOSEFUL PRACTICES.

Ex: Courage + Prayer = "In my prayers I will talk to God honestly and not hold back my needs, emotions, and frustrations. I will find courage to be honest with God without fear and worry.

Ex: Trust + Meditation = When I read the gospels, I will write down at least 3 verses that I find about trusting Jesus and carry those verses with me to read whenever I need to remember to trust God in moments of uncertainty.

Ex: Surrender + Worship: I will give up 30 minutes of scrolling on social media each day and replace that time to focus on writing in my journal, listening to worship songs or doing something that brings me closer to God.

Days 1-10: Courage

- *Prayer:*
- *Meditation:*
- *Worship:*

Days 11-20: Trust

- *Prayer:*
- *Meditation:*
- *Worship:*

Days 21-30: Surrender

- *Prayer:*
- *Meditation:*
- *Worship:*

Days 31-40: Faith-Full (Miracles & Community)

- *Prayer:*
- *Meditation:*
- *Worship:*

