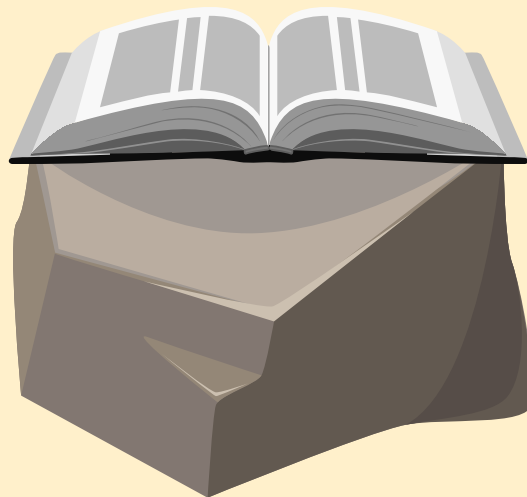




21-Day Spiritual Diet Challenge



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HOW TO GET STARTED

Preplanning - Begin with Prayer

1

Make a commitment to yourself and God that you will accept the challenge to go on a Spiritual Diet for 21 days. Then schedule the challenge to begin Sunday, January 8th, 2023 to Saturday, January 28, 2023 on your calendar or set a different 21 days if starting after January.

2

Commit to scheduling 2 hours a day for 21 days to spend with the Lord. My suggestion is schedule: 45 minutes a day in the AM, 45 minutes in the PM and 30 minutes during the afternoon. Now if 2 hours a day is impossible, try 90 minutes a day, or 1 hour a day. Adjust times, remember the goal is to extend your time with the Lord.

3

Set up a place where you can meet with God during each of your scheduled times. Make sure the location contains, a Bible (not on phone or laptops), journal or notebook, and writing instrument. Be very intentional about where you set this up.

4

Purchase a special journal for this time. Select the Bible version you enjoy reading and make sure you have a Bible instead of it being on your phone to reduce distractions.

5

Now breathe. Embrace the thought of spending time with God focusing on His goals for you in 2023.

21 DAY SPIRITUAL DIET CHALLENGE
READING FROM 1ST AND 2ND CORINTHIANS

DO DAILY



AM

Pray first. Then read the suggested chapter. Ponder. Talk to God about the chapter. Seek His face on what He is saying to you specifically. End with prayer.



AFTERNOON

Sit quietly and listen. Say, "Lord, I am here. Your servant is listening." Drown out all noises and distractions by saying, "beep". Then listen to the sound as it slowly goes away allowing you to refocus. Meditate on the verse or phrase God gave you for this day or just be silent and listen for Him to speak.



PM

Pray. Read the chapter again. Record your experience in your journal, as you feel lead. Sometimes, you won't have anything to write and other times you won't be able to stop. End with prayer.

21 DAY SPIRITUAL DIET CHALLENGE

WEEK ONE

DAY
1

Read: First Corinthians 1

DAY
2

Read: First Corinthians 2

DAY
3

Read: First Corinthians 3
Afternoon: Take a walk to
pray for loves specifically.

DAY
4

Read: First Corinthians 4

DAY
5

Read: First Corinthians 5
PM: Read chapter 6

DAY
6

Read: First Corinthians 7

DAY
7

Read: First Corinthians 8
PM: Read chapter 9

21 DAY SPIRITUAL DIET CHALLENGE

WEEK TWO

DAY
8

Read: First Corinthians 10

DAY
9

Read: First Corinthians 11
Afternoon: Take a walk to pray for your country.

DAY
10

Read: First Corinthians 12

DAY
11

Read: First Corinthians 13
Afternoon: Share the Gospel with someone or pray with them.

DAY
12

Read: First Corinthians 14

DAY
13

Read: First Corinthians 15
Afternoon: Spend time praising and worshipping God.

DAY
14

Read: First Corinthians 16
PM: Read Second Corinthinans 1

21 DAY SPIRITUAL DIET CHALLENGE

WEEK THREE

DAY
15

Read Second Corinthians 2
PM: Read chapter 3

DAY
16

Read Second Corinthians 4

DAY
17

Read Second Corinthians 5 & 6
Afternoon: Take a walk and
pray for more dedicated
believers.

DAY
18

Read Second Corinthians 7
PM: Chapter 8

DAY
19

Read Second Corinthians 9

DAY
20

Read Second Corinthians 10
PM: Read chapter 11

DAY
21

Read Second Corinthians 12
Afternoon: Pray for you to apply what you have learned
PM: Read chapter 13

SUMMARY OF THE 21-DAYS



Record what you learned.

Record the things God wants you to do, information He highlighted during the 21 days, repeated words or phrases, songs that blessed your heart, things God shared with you, and any other insights.



Set up Action Steps.

Look at each goal and with God's guidance set up the first three steps on how to accomplish it. Then place into your calendar only the first goal.



Notecards.

Write steps two and three of your action plan on notecards. Set them in a place where you usually plan for the week. This way when you have completed a goal you will know where to go from there.



Listen to Hanging Out With Jesus Podcast twice a month.

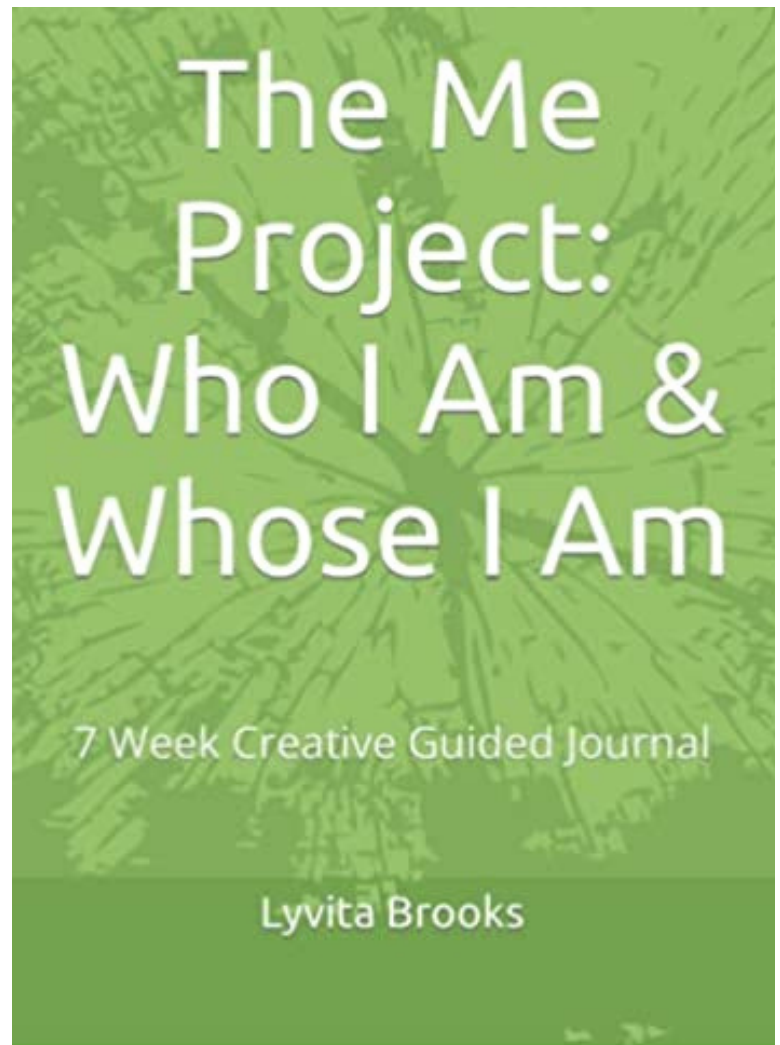
The Me Project Academy Newsletter will provide podcast updates, encouragement and ways to keep you on track.



Start with Pray.

Once you have prayed over your year, the action steps and your commitment to doing it, start praising and thanking the Lord for His goodness. Lastly, take 15 minutes to sit silently before Him just to listen.

Ready
for
what's
Next?



The Me Project: Who I Am & Whose I Am
will help you maintain your spiritual
diet through projects designed to keep
you on course and focused. It's a
devotional Bible study.

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