

## January Spiritual Fitness Challenge

### Jesus' Sermon on the Mount Matthew 5-7

The passage of scripture found in Matthew 5-7 is often referred to as "The Sermon on the Mount" – one of the most powerful and cohesive messages Jesus ever delivered on what life in the Kingdom of God looks like, for those who are sincerely following him. This January we want to challenge ourselves as a community to dive deep into the transformative truth found inside this passage.

You can choose one of three guided training plans below, based on the level of challenge you're up for. Every plan is based on a Monday-Friday routine, leaving the weekends free to either catch up on anything you might have fallen behind on during the week, or to return and dig deeper into something that intrigued you previously.

**Every fitness trainer will tell you that any workout plan has a higher chance of success if you engage in it with a workout buddy.** Consider who your spiritual workout buddy could be for the month ahead and make a commitment to message each other daily to challenge and encourage one another on!

#### Option 1 – Level: Easy

Prayerfully read one passage from the Sermon on the Mount each day, taking time to reflect on these three questions as you do:

1. What about this passage encourages you?
2. What about this passage challenges you?
3. How can you put this passage into real action in your life today?

Jan 4	Mt 5:1-12	The Beatitudes	Jan 18	Mt 6:5-15	Prayer
Jan 5	Mt 5:13-16	Salt and Light	Jan 19	Mt 6:16-18	Fasting
Jan 6	Mt 5:17-20	The Fulfillment of the Law	Jan 20	Mt 6:19-24	Treasures In Heaven
Jan 7	Mt 5:21-26	Murder	Jan 21	Mt 6:25-34	Do Not Worry
Jan 8	Mt 5:27-30	Adultery	Jan 22	Mt 7:1-6	Judging Others
Jan 11	Mt 5:31-32	Divorce	Jan 25	Mt 7:7-12	Ask, Seek, Knock
Jan 12	Mt 5:33-37	Oaths	Jan 26	Mt 7:13-14	The Narrow & Wide Gates
Jan 13	Mt 5:38-42	Eye For Eye	Jan 27	Mt 7:15-20	True and False Prophets
Jan 14	Mt 5:43-48	Love For Enemies	Jan 28	Mt 7:21-23	True and False Disciples
Jan 15	Mt 6:1-4	Giving To The Needy	Jan 29	Mt 7:24-29	The Wise & Foolish Builders

## Option 2 – Level: Medium

Prayerfully read the full Sermon on the Mount each day (which will take 15-20 minutes) – asking the Holy Spirit to expand your understanding of God’s heart and Kingdom through the words you’re reading. Pray for an encounter with Jesus through the text and for transformation to take place in your heart and life as a result.

Use this checklist to keep track of your progress. Remember weekends are free to catch up, in case you missed a time or two during the week.

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> Jan 4  | <input type="checkbox"/> Jan 18 |
| <input type="checkbox"/> Jan 5  | <input type="checkbox"/> Jan 19 |
| <input type="checkbox"/> Jan 6  | <input type="checkbox"/> Jan 20 |
| <input type="checkbox"/> Jan 7  | <input type="checkbox"/> Jan 21 |
| <input type="checkbox"/> Jan 8  | <input type="checkbox"/> Jan 22 |
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| <input type="checkbox"/> Jan 11 | <input type="checkbox"/> Jan 25 |
| <input type="checkbox"/> Jan 12 | <input type="checkbox"/> Jan 26 |
| <input type="checkbox"/> Jan 13 | <input type="checkbox"/> Jan 27 |
| <input type="checkbox"/> Jan 14 | <input type="checkbox"/> Jan 28 |
| <input type="checkbox"/> Jan 15 | <input type="checkbox"/> Jan 29 |

## Option 3 – Level: Hard

Memorizing the Sermon on the Mount is one of the best ways to anchor these truths deep down in your psyche and your soul.

For this challenge we recommend a daily practice with no weekends off 😊 Working at a pace of 4 verses a day you could have this incredible sermon memorized in less than a month!

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|--|--|---|
| <input type="checkbox"/> Jan 4 Mt.5:1-4    | <input type="checkbox"/> Jan 14 Mt.5:41-44 | <input type="checkbox"/> Jan 24 Mt.6:33-7:2 |
| <input type="checkbox"/> Jan 5 Mt.5:5-8    | <input type="checkbox"/> Jan 15 Mt.5:45-48 | <input type="checkbox"/> Jan 25 Mt.7:3-6    |
| <input type="checkbox"/> Jan 6 Mt.5:9-12   | <input type="checkbox"/> Jan 16 Mt.6:1-4   | <input type="checkbox"/> Jan 26 Mt.7:7-10   |
| <input type="checkbox"/> Jan 7 Mt.5:13-16  | <input type="checkbox"/> Jan 17 Mt.6:5-8   | <input type="checkbox"/> Jan 27 Mt.7:11-14  |
| <input type="checkbox"/> Jan 8 Mt.5:17-20  | <input type="checkbox"/> Jan 18 Mt.6:9-12  | <input type="checkbox"/> Jan 28 Mt.7:15-18  |
| <input type="checkbox"/> Jan 9 Mt.5:21-24  | <input type="checkbox"/> Jan 19 Mt.6:13-16 | <input type="checkbox"/> Jan 29 Mt.7:19-22  |
| <input type="checkbox"/> Jan 10 Mt.5:25-28 | <input type="checkbox"/> Jan 20 Mt.6:17-20 | <input type="checkbox"/> Jan 30 Mt.7:23-26  |
| <input type="checkbox"/> Jan 11 Mt.5:29-32 | <input type="checkbox"/> Jan 21 Mt.6:21-24 | <input type="checkbox"/> Jan 31 Mt.7:27-29  |
| <input type="checkbox"/> Jan 12 Mt.5:32-36 | <input type="checkbox"/> Jan 22 Mt.6:25-28 |   |
| <input type="checkbox"/> Jan 13 Mt.5:37-40 | <input type="checkbox"/> Jan 23 Mt.6:29-32 |   |