

WEEK 1

CROSS fit

Spiritual & Physical
4-Week Challenge

Select & schedule each challenge based on your weekly schedule and level of physical ability. (Use Google or YouTube to look up any unfamiliar physical challenges.)

SPIRITUAL [CONFESSION]

Reflect on where you saw God today and thank him. Reflect on areas where you have sensed failure or where you have made mistakes today or this week. Confess those to God & ask for forgiveness. Then ask him for help for the next day.

SPIRITUAL [WORSHIP]

Spend 10 minutes walking in quiet spot or looking at creation through a window. Set a timer if needed. Be attentive to God's presence. If you struggle to focus, try saying different names of God aloud, or use His creation as way to reflect on who God is.

SPIRITUAL [HOSPITALITY]

Say hello to a stranger (from a distance). Smile! Ask for their name; ask a question about themselves; wish them a safe day! [AND/OR] Surprise a friend by leaving a gift on their doorstep or ordering a take-out meal to their house.

SPIRITUAL [THE WORD]

Listen to Psalm 23 read aloud using a Bible app, or an audio Bible website. Listen to it four times. (Use different versions if available.) Reflect on what you are hearing and the words that are drawing your attention. Pray them back to God, asking him to help you live it out.

SPIRITUAL [PRAYER]

Text or call a friend or family member and ask how you can pray for them today. [AND/OR] Pray through Psalm 23.

SPIRITUAL [SABBATH]

Pair this day with one of the Physical Rest Days. At the end of the day, reflect on whether you were able to rest or if it was hard for you? What did you learn about yourself?

SPIRITUAL [FASTING]

Choose a day this week to fast from your regular drinks, such as coffee, tea, or smoothies. Drink only water. Afterwards, reflect on if this was easy or hard. Did it bring up any questions? Ask God if he has anything to show you.

PHYSICAL

[Opt 1] Walk for 20 mins.

[Opt 2] Walk, jog and/or run for 20 mins, with as much running as possible.

[Opt 3] Run as fast as possible for 1 minute, then jog for 2 minutes; repeat x 7.

PHYSICAL

20 AMRAP*: 5 burpees + 10 pushups + 15 squats

[Variation] Do pushups from the knees.

[Variation] Do burpees without pushups.

*As Many Rounds As Possible in 20 mins

PHYSICAL

[Opt 1] Walk 25 minutes, adding jogging in as you are able.

[Opt 2] Run for 2 mins, then walk or jog for 2 mins; repeat x 6.

[Opt 3] Run for 1 min, then jog for 90 secs; repeat x 10.

PHYSICAL

5 AMRAP*: 10 squats + 10 push-ups + 10 lunges + 20 mountain climbers

Repeat 3-5 times as you're able, resting 2 mins between circuits.

*complete As Many Rounds As Possible in 5 mins

PHYSICAL

Run 1 min + 20 sit ups + 10 burpees.

Repeat 6 times, resting for 1 min between rounds.

Go through the circuit as fast as possible, resting between rounds. Adjust the number of rounds & reps to your physical level.

PHYSICAL

Rest Day 1. Take the day off from physical activity, and pair this day with the Spiritual Sabbath day.

PHYSICAL

Rest Day 2. Take the day off from physical activity.