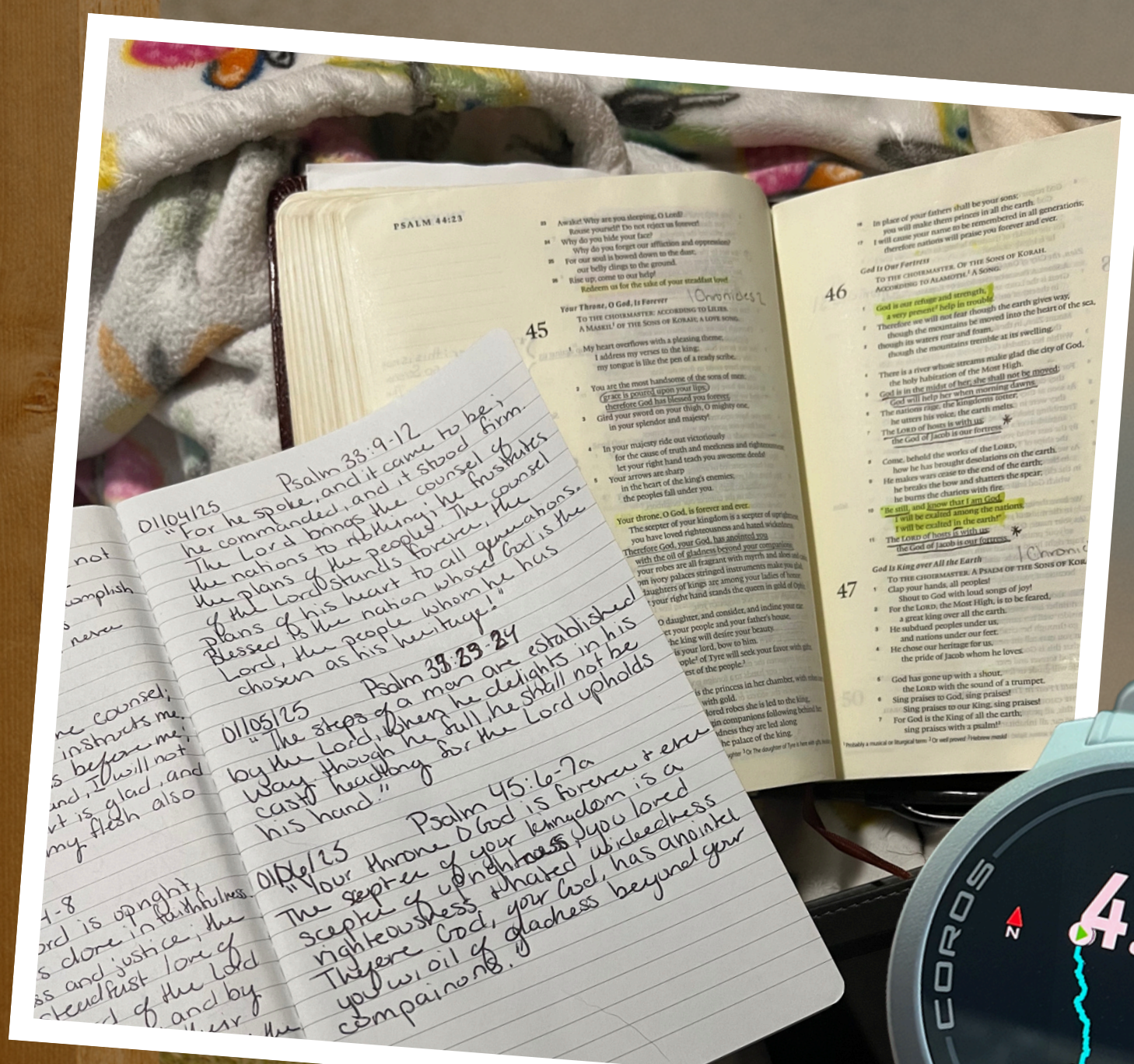


30-DAY CHALLENGE

# TRAINING

## IN RIGHTEOUSNESS





"ALL SCRIPTURE IS BREATHED OUT BY GOD AND  
PROFITABLE FOR TEACHING, FOR REPROOF, FOR  
CORRECTION, AND FOR TRAINING IN RIGHTEOUSNESS,  
THAT THE MAN OF GOD MAY BE COMPLETE,  
EQUIPPED FOR EVERY GOOD WORK."  
2 TIMOTHY 3:16

## **OUR FOCUS:**

"Training in righteousness so that we can be  
equipped for every good work."

We want to prepare faithfully through Scripture for  
the race God has called us to run.

**BEFORE WE CAN DO THE  
WORK CHRIST HAS  
CALLED US TO  
ACCOMPLISH, WE MUST  
TRAIN FOR IT.**

**1.**

**STUDY GOD'S WORD**

We can't know how to live like God if we don't know first what He believes. God's Word is a tool to help remind us of the truth.

**2.**

**PRAYING GOD'S WILL**

Did you know we can pray selfish prayers and forget about others? This is not God's Will. Although God cares about our desires, He invites us through prayer to think of others before ourselves.

**3.**

**CONSISTENT PURSUIT**

For an athlete to win, they must consistently practice and master the sport. Winning the Christian Life means pursuing Christ daily, even on days we don't feel like it.

HOW DO WE TRAIN IN  
RIGHTEOUSNESS?

**4.**

**BE MORE THAN DO**

We can get caught up in doing all these tasks, thinking it is helping others. But God cares more about who you are becoming than what you can do through Him.

**5.**

**REST IN CHRIST**

Even the best athletes need rest days. Rest is holy. Don't strive to become this certain Christian. Give up control and let God guide you.

**JOIN THE  
CHALLENGE!**

MARCH 1<sup>ST</sup> - 30<sup>TH</sup>

# 30 DAY CHALLENGE

**MOVE YOUR BODY  
TRAIN IN RIGHTEOUSNESS**



EVERYDAY WE'LL

**1.**

## **READ SCRIPTURE**

Join the "Train for Righteousness" email list to receive daily Scripture & small devotionals from The Creation Devotional.

**2.**

## **PRAY FOR OTHERS**

We will focus on praying for our family and employees.

**3.**

## **COMPLETE A WORKOUT**

Run, walk, do pilates, play pickleball. The important thing is getting in 20 minutes of movement.

**4.**

## **FOCUS ON BEING NOT DOING**

Write down characteristics of God you want to be more like: Patient, loving to others, self-control, etc.

**5.**

## **WEEKLY DAY OF REST**

Set aside one day a week to rest your body and mind. Do fun hobbies, play with your kids, be relaxed.

Be sure to follow along  
@CarleyMRains and tag me on  
social media!