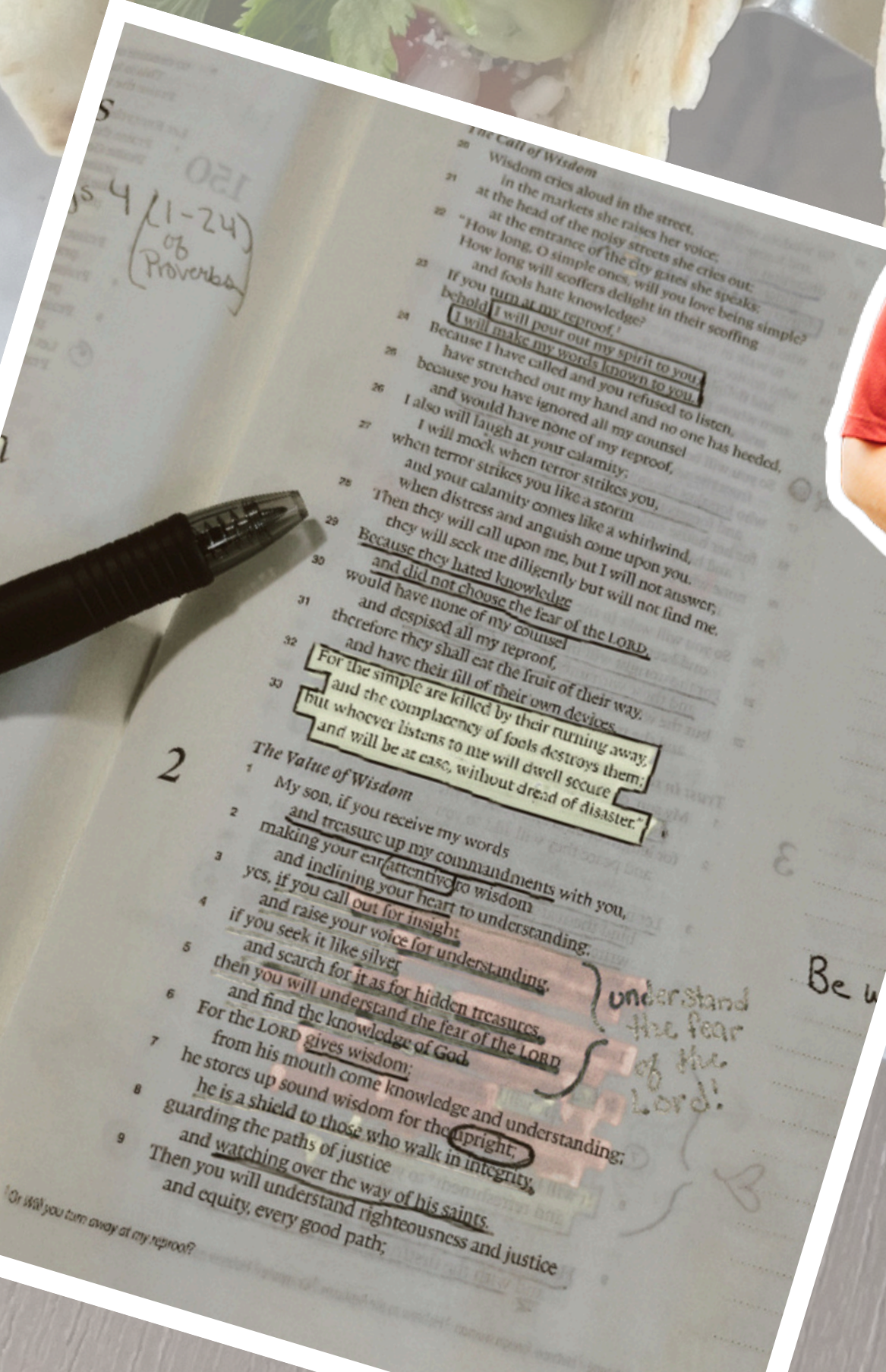




30-DAY CHALLENGE

CLEAN FOR CHRIST



“CREATE IN ME A CLEAN HEART O GOD
AND RENEW A RIGHT SPIRIT WITHIN ME.”
PSALM 51:10

OUR FOCUS:

Renewing a right spirit under God’s authority and
cleansing both our bodies and hearts.

Consumption will be our focus.

**WHAT ARE WE
CONSUMING ON A DAILY
BASIS AND IS THAT THING
BRINGING LIFE INTO OUR
BODIES AND SOULS OR
DEPLETING US?**

1.

LIFESTYLE:

Everything from the movies we watch, to the friends we chat with (WHO are we allowing to speak into our lives and HOW is this affecting us?)

2.

DIET:

Are we feeding ourselves good, Whole Foods, or filling ourselves with bad, convenient tasties?

Clean diet includes healthy balanced meals: fats, fiber, protein, carbs

3.

SPIRITUAL NUTRIENTS:

What are we CONSUMING to frame our mindset and thoughts?

Daily encouragement -> is it coming from The Word or The World

CORE AREAS OF CONSUMPTION:

4.

THE CLEANSE:

What needs to be cut out in order to stop toxins from entering your body and soul?

Food, entertainment, social media (accounts to unfollow), spiritual disciplines, friends/voices (set boundaries)

**JOIN THE
CHALLENGE!**

JUNE 1 - 30

30 DAY CHALLENGE

**CLEAN YOUR BODY
REFRESH THE SOUL**

EVERYDAY WE'LL

1.

READ SCRIPTURE

Join the "Clean for Christ" email list to receive daily Scripture & small weekly devotionals.

2.

PRAY FOR OTHERS

We will focus on praying for others in the challenge (as well as ourselves).

3.

DIET TRACKER

We'll track our meals and make sure we're sticking to our CLEAN goals.

4.

WEEKLY ZOOMS

Fellowship with other women weekly.

5.

HELPFUL MEAL PLANS

Every week you'll receive meal ideas and tips to help stay on track.

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