

## The Arcor Challenge

### The Reason-

1. To move God from something in your life to someone in your life.
2. To help generate habits that will improve the most important areas of your life; health, fitness, relationships and more.

### The Rules-

1. Get a minimum of 20 minutes of exercise everyday & get a minimum of 20 minutes of reading/prayer time with God every day, for 40 days in a row.
2. Your exercise time can include others but your scripture reading & prayer time should be done alone, without interruptions from people or technology.

### DAILY SPIRITUAL WORKOUTS

1. Putting things in order- The main purpose of the Arcor Challenge is to help you improve the most important areas of your life. If you consistently work on developing your relationship with God & keep yourself physically active, many other areas of your life will fall into their right places. You will enjoy better relationships, lasting health & a much better quality of life. It's very easy to get off course in such a busy world. To keep things in perspective, make a committed effort to live your life out, in right order; God- Family- Work- Recreation. Honestly ask yourself, how you are doing in those areas. Ask God today to help you live your life in the right order of importance. Tip- This is also a great tool to help you make tough decisions. Ask yourself, how does the outcome affect my relationships in these areas? (Matthew 6:33) But seek first the kingdom of God and his righteousness, and all these things will be added to you. Also check out Romans 12:2, Joshua 24:14-15 and Matthew 6:24.
2. Make a decision- Do you sometimes feel like you're just kind of drifting through life? Some days you're not even really sure how you feel about God? The whole thing is really very simple. In the end you're going to be on one of two teams. Right now, you get to choose. A day will come when that option will no longer be available to you. If you ignore it, then by default you have made your choice. I say choose now & choose wisely. It's not unusual at all to have doubts about God or his ways. There is a force that is constantly at work to pull us away from him. Just know that he is always there & always the same. If you have found yourself far away from him, I challenge you to start a new relationship with him today! Talk to him in prayer, right now. Tell him how you really feel. Don't hold back, after all, he already knows what you're thinking anyways. (2 Peter 3:18) But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen. Also check out Hebrews 2:1 and Psalm 9:10
3. Learning a new language- Think of learning to communicate with God like learning a new language. You start with a few words, those words turn into sentences, before long you are carrying on conversations. Know that he rarely speaks aloud; most often it is in whispers & nudges, it is our job to learn to be able to detect that voice. He also communicates with the words he has provided for us in the bible. Ask God today to help you start learning your new language. Know that this may take some time. Your job isn't to worry about the outcome, it is only to focus on being consistent & expectant. (John 10:27) My sheep hear my voice, and I know them, and they follow me. Also check out Jeremiah 33:3 and Isaiah 30:21.

4. Restoring an old car- I've always thought it would be pretty cool to restore an old car. In some ways, building or restoring a relationship with God can kind of be like restoring an old car. To drive your car, it's going to need an engine (God's Word/The Bible). That engine is going to need gas (Prayer). Finally, a transmission is needed to actually move the vehicle forward (Faith/Believing in the unseen). You're not going to be able to drive it if you're missing even one of these three important pieces. Make it a habit to apply that simple formula to your walk with God; the Word- Prayer-Faith. You'll find yourself learning & growing closer to him every day. (Hebrews 10:22) Let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Also check out Matthew 7:24-27.
5. What's your thing?- What do you love to do? What are you good at? What are you passionate about? God created you for a purpose with unique gifts & skillsets. Find it & use it to glorify him & help others. If you're not sure, then ask him, he will reveal it to you in time. (1 Peter 4:10) As each has received a gift, use it to serve one another, as good stewards of God's varied grace. Also check out Romans 12:6-8, Colossians 3:23, Ephesians 2:10 and Matthew 25:14-30.
6. The Silent Secret- Simply put, habits define your life! We are slaves to them, we do them without conscious thought. They are responsible for creating many of the positive & negative outcomes in your life. It's what you read, listen to, eat, time spent on social media, tv shows you watch, the list goes on. Some of them you are very aware of, others you're not at all. Habits change slowly over time. Have you ever hit a point in life where you said to yourself, how did I get here? More than likely, it didn't happen from one decision, it was from many small ones that led up to it. Those accumulated choices have led to your current relationship with loved ones, waistline, savings account balance & relationship with God. Ask him today to reveal to you the habits that you aren't even aware of. Then ask him to help you make the right changes. You are already off to a great start by taking on the Arcor Challenge. Remember this formula; Input=Thoughts, Thoughts=Choices, Choices= Habits. It all starts with controlling the input. Learn to become very conscious of this chain & each step. It applies to all areas of life, not just your relationship with God. (Psalm 1:2) But his delight is in the law of the Lord, and on his law he meditates day & night. Also check out Luke 5:16 and 2 Timothy 1:7.
7. Open Day- Just spend quiet alone time with him today, no agenda. Shut out the material world & just have an open ended conversation with God. Talk to him about what is on your mind the most today. Be careful to listen for his whispers & nudges. At first, it may be hard to tell if it is his voice or your own. That is one of the many reasons he gave us the bible, learn to use scripture as your filter.
8. The making of a friend- I don't want you to just go through the motions of reading scripture & praying. Go deeper than that, challenge yourself to take it a step further & build a relationship. Don't hold back, he already knows all of your thoughts anyways! The more time you spend with him, the more you will begin to sense his presence. Be patient, this may take some time. Listen for his whispers & nudges. (Jeremiah 29:12-13) You will call to Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart. Also check out Revelation 3:20, Psalms 27:14 and John 10:27. Learn to wait on his timing, there is always a reason for his delay. Remember, his timing is perfect, ours is not!
9. Gratitude- Today I want you to spend your time focusing only on what you're grateful for. Don't allow your mind to wander to the negative areas in your life, set your worries aside right now. Focus on all the good things he has given you. Start with the gift of eternal life. Pray & talk to God about all the things that you are grateful for; relationships, friends, family, employment, his love for you, etc. (Psalms 9:1) I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.
10. Who made you the judge?- There will be highs & lows in all of our lives. At some point we will all be in a tough spot, financially, physically, etc. It's wise to keep things in perspective, never judge someone else, you have not walked in their shoes. Next time you see someone holding a sign looking for food or someone down on their luck; stop & remember, they too are a child of the same God, our father. Ask God today to help you see others & the world as he wants you to see them. (Matthew 7:5) You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye. Also check out Luke 6:37 and John 7:24.

11. The Big Picture- It's so easy for us to get caught up in our problems. Our list of problems will never go away, only be replaced by new ones. The secret is to not stay focused on them too long, they'll consume you. As soon as you start to feel overwhelmed, stop! Let that be a trigger to always keep the big picture in mind. What happens to you today or tomorrow is but a set up for your future, keep persevering. Know that who you are & what you do is building to an outcome. Ask God in prayer today to open your eyes to his bigger picture. (Romans 8:28) And we know that for those who love God all things work for good, for those who are called according to his purpose. Also check out Jeremiah 29:11 and 2 Corinthians 4:16-18.
12. Free Day- Just spend quiet alone time with him today, no agenda. Shut out the material world & just have an open ended conversation with God. Maybe you can ask him to show you something you don't know about yourself. Remember, you may or may not get that answer today. Building a relationship with him takes time, be patient. Be careful to listen for his whispers & nudges.
13. Faith is an action word- Have a problem? Need guidance? Looking for something? Give those things to God and have faith, know that he will see it through. Random prayer request without expectation is useless chatter. Humbly expect an outcome, but remember to acknowledge his will, always, above your requests. Ask God in prayer today, to begin that process in you. Start to apply Faith to all areas of your life. What do you think about often, worry about the most? Apply Faith to it. Ask God in prayer today to show you where you need to apply more faith in your life. (2 Corinthians 5:7) for we live by faith not sight! Also check out Hebrews 11:6, James 1:5-7, Hebrews 11:1 and Galatians 3:5.
14. A New You- The more time you spend with God, the more your old self will fade away. Don't be afraid of this happening, he has plans for you, embrace them. It may be scary at first, but in time a great peace & contentment will come, one that you've never known before. He will open your eyes & heart to a new world, a new way of thinking. Trust me, it's so much better than what you can possibly imagine! Ask God to begin that process in you today. (Ezekiel 36:26) I will give you a new heart and put a new spirit in you. Also check out Psalms 51:10 and Colossians 3:10.
15. His Will, Not Ours- Learn to live life for God, not yourself. This doesn't mean that you have to abandon your plans, dreams or goals. Learn to put God's will first in everything in life & learn to be okay with the outcome, whatever it may be. I have heard it said this way; make your plans in pencil but give God the eraser. Don't plan so much that you haven't left room for him. The way to make room for God is to expect him to come, but in no certain way. Begin to learn to live in a constant state of expectancy. Our will must die first so that God's will for our life, can become the focus. This will take time, slowly start applying it to all areas of your life; family, health, work, etc. Ask God to begin that process in you today. (Romans 12:2) Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good & acceptable & perfect.
16. Motives- Don't take this personal, but I need to tell you something, you're selfish! I know, I know, you know selfish people but you're not one of them. The truth is, we all are! God didn't create us this way, it is a by-product of sin in the world. Learn to develop pure motives from the inside out. Make that the first focus of all things in your life. Start at the next conflict you encounter, ask yourself a simple question; am I putting others first or myself first? Ask God in prayer to show you your true motives in all situations. If you don't like what you see, ask him to help you change. (Proverbs 16:2) All the ways of man are pure in his own eyes, but the Lord weighs the spirit. Also check out 1 Samuel 16:7 and Jeremiah 17:9.
17. Out with the Old, In with the New- If you truly want to get closer to God, then there is one major thing standing in your way, yup, it's you! At some point you will have to make some hard decisions to get rid of a few things. Are there people, habits or things that shouldn't be in your life? Most of us know exactly what they are. It's hard to admit it or face them but it's the only way, there is no shortcut here. Ask God how to do it today, and then listen for his response. Do not be afraid of the answers; embrace them, as hard as that may be. You know that you will be much better off in the long run for it. (2 Corinthians 5:17) Therefore if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. Also check out James 4:17 and Galatians 5:16-24.

18. Rule Number One- Learn to develop an unconditional love for God. Yes, even when you don't get the answers you want. Ask him in prayer, to show you how you can do better in this area. (Matthew 22:37-38) And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. Also check out John 14:21.
19. Rule Number Two- Pay attention to everyone's life & what matters to them. Learn to put others needs above your needs. Serve with the attitude of getting nothing in return. Serve all others, especially those you don't want to, with the motive of truly wanting to help. (Matthew 22:39) And a second is like it: You shall love your neighbor as yourself. Also check out Philippians 2:2-4.
20. Don't let your past be your Future- It doesn't matter what you've done or how far you think you are from God. Look at Paul, he put Gods own people to death before his conversion! Always remember that God works very well with Sin. If you haven't already, sincerely ask for his forgiveness in the matters that trouble you most. Move forward & do your very best not to fall into those patterns again. That's it, nothing else needed to do, now get on with it. (Isaiah 43:18-19) "Remember not the former things, nor consider the things of old. Behold, I am doing a new thing, now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. Also check out 1 John 1:9 and 2 Corinthians 5:17.
21. Investing- No investment in the world is better than investing in yourself. If you don't take care of yourself, then how can you expect to truly help others? Ask God today for more of his treasure; increased love, health, wisdom & guidance are places to start. (1 Timothy 6:19) Thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life. Also check out Colossians 3:16.
22. Open Day- Just spend quiet alone time with him today. Shut out the material world & just have an open ended conversation with God. Be careful to listen for his whispers & nudges. Talk with him about what has been on your mind the most lately. If you want to read a bible verse, you could check out Mark 1:35.
23. Abundant Life- We were created by an amazing, loving creator. Sometimes it's easy to fall into the trap of thinking that following Jesus is all about suffering or sacrifice. Nothing could be further from the truth! While he does allow us to go through those times, it is always for our own good. He made the ultimate sacrifice by dying on the cross for our freedom. He truly wants you to live a blessed & fruitful life. If you feel confused or discouraged about something, pray right now & ask God to show you the abundant life he has in store for you. Be mindful of two things; be open to his definition of an abundant life & remember, sometimes answers come quickly; sometimes they don't. Be patient & expect that it will come. (John 10:10) The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. Also check out 2 Peter 1:3-4.
24. How deep are your roots?- Did you know that certain types of bamboo trees can grow up to 3 feet per day taller. This is only accomplished because the trees have had time to develop a massive root system that can support it. Focus on building deeper roots today, getting to know God closer only comes with time. (James 1:4-6) And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God who gives generously without reproach, and it will be given him.
25. Your top three- Have you ever really stopped to think about how important the people closest to you are in your life? What about the people that have made a big impact on your life, a friend, coworker or coach. Write your top three names down & send them all a message right now. You can text, call or even mail them a letter. Just let them know what they mean to you. Tell God in prayer today how appreciative you are of those around you. Thank him for all the goodness he has brought to your life.
26. Hope- I'm going to predict your future with 100% accuracy. Are you ready... The one thing I can tell you is that without hope, you will never experience the completeness that God has in store for you, ever! If you don't have it, seek it immediately! Hope is an amazing gift that God has made available to us. If you have it, pray & ask God today that your hope is what he wants for your life, not just what you want. If you're not feeling much hope in your life, stop & pray right now. Ask him to show you his version of hope for you, and then believe that you will receive it. Remember, random prayer requests without expectation is useless chatter. (Jeremiah 29:11) For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Also check out 1 Corinthians 13:13 and Romans 5:4.

27. Measuring up- Let's talk about one of the most dangerous, silent killers to your faith, envy. Most of us automatically think, I'm not an envious person. But the truth is, every society in the world is driven by it in one form or another, no matter the culture. It's a natural tendency in this broken world to compare, abilities, titles, material items, incomes & talents, etc. That is how we see things, not how God sees them. He sees no borders of wealth, class, ability, etc. Starting today, make it your objective to not put any boundaries on the many forms of envy, including comparing yourself to others. See everyone and love everyone, including yourself, for the unique creation & the individual miracle that they are. (1 Peter: 1-2) So put away all malice and all deceit and hypocrisy and envy and all slander. Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation. Also check out Proverbs 14:30.
28. Your Story- You have a unique story; yes you reading this right now. Take some time today to think & pray about your hardships & successes. We all have testimonies that can help others reach or get closer to Christ. We are holding on to the greatest gift in the entire world. Begin to think about how you can share it with others. Start writing that down today. If you're ready, you could start by sharing it with friends, family or anyone God brings in your path. If you share your experience with the Arcor Challenge on social media, be sure to #ArcorChallenge. (Matthew 5:14-16) "You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.
29. Don't Think Just Do!- The greatest gift in the world was given to us for free when Jesus died on the cross. Most everything else requires effort on our part, and nothing replaces hard work! If you want to get spiritually fit, you have to be consistent with prayer time & consistent with scripture reading. If you want to become physically fit, it's no different, you have to put the time in. There are many days that I don't feel like doing either. Maybe I just want to get some extra sleep that morning. It's those times that I fall back on one of my favorite sayings, "Don't Think, Just Do!" Just get up & do what you know you need to do. (Proverbs 13:4) The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied. Also check out Proverbs 14:23, Proverbs 6:6-8 and Proverbs 10:4-5.
30. Cell phone coverage- Sin, in one of its many aspects, is like interference. One way to think of it is like cell phone coverage. Sometimes our phones don't work in large buildings or in remote areas. The less sin we have in our lives, the less interference, therefore the closer we are to God. That doesn't mean he can't get through, he is the all-powerful God. But it does mean that we should learn to position ourselves to always be in a spot with a good signal! In short, set yourself up for a successful relationship with him. That may mean making some changes on your part. (Isaiah 59:2) But your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear.
31. Confront Him- It has been said that sometimes God has to die to you before he can live through you. Do you doubt something? Do you secretly doubt him or that he is who he says? Do you have another issue with God? Then you need to confront him. Confront him with a humble but expectant attitude, he will give you an answer. This may sound bold & possibly even disrespectful but God wants you to lean into him. If something is in the way, it needs to be dealt with, head on, right now! (Matthew 7:7-8) Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Also check out Genesis 32:22-32.
32. Open Day- Just spend quiet alone time with him today, no agenda. Shut out the material world & just have an open ended conversation with God. Maybe you can ask him to show you something you don't know about yourself. Remember, you may or may not get that answer today. It takes time, be patient. Be careful to listen for his whispers & nudges.
33. Pursue It- Wisdom is an amazing gift that God has made available to us. Pursue it at all cost! Ask him to bring wisdom into your life so that you may first help yourself, and then go on to help others. (Jeremiah 33:3) "Call to me and I will answer you, and will tell you great and hidden things that you have not known." Also check out Proverbs 4:6-7, James 1:5 & 1Corinthians 2:6-12.

34. Who is your God- Is there something that has control over your life right now? Are you focusing too much time away from God, your family & the important things in life? Is the distraction your job, a hobby or maybe taking on too much? There's a simple way to find out. Your God is quite often, where you spend your thoughts, time & your money. In prayer, ask to God help you shut out the material world & open you to his world. Ask him to reveal the changes you need to make. Then do not be afraid to pursue them, no matter how unsettling they are. (1 Kings 11:4-5) As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the Lord his God, as the heart of David his father had been. He followed Ashtoreth the goddess of the Sidonians, and Molek the detestable god of the Ammonites. Also check out Colossians 2:8, Hebrews 13:5 and Matthew 6:33.
35. The Master- Have you ever stopped & really thought about the impressive God that we have? Take the greatest achievers in every area of human life; artist, musicians, engineers, even athletes. All of their talents combined don't even begin to compare to his majesty. Simply put, he is the master creator, artist, musician, engineer and even athlete! Now, have you ever stopped & really thought of the fact that we were created in his image? Think about it, of all the things he has ever created, you were made in his image! You were created for greatness! Stop feeling sorry, making excuses or not taking action. Ask God in prayer today to reveal the greatness he has in store for you. (Psalms 8:3-8) When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. You have given him dominion over the works of your hands; you have put all things under his feet, all sheep and oxen, and also the beasts of the field, the birds of the heavens, and the fish of the sea, whatever passes along the paths of the seas. Also check out Psalm 8:3, Genesis 1:27 and John 1:3.
36. All In!- The deeper your walk with God gets, the more questions you may have. Don't be afraid to ask him for those answers, just know that some answers only come with time and others you may never get. I often think of an experience I had during prayer time once. I was struggling with not having answers to many unknown questions. Then it hit me, I don't always need those answers, I only need to know that he is who he says he is. From that moment on, I decided, even if I didn't understand what or why, I was all in! I was following him no matter what the outcome. When the inevitable tough days come, I remind myself, all in! Learn to develop the mindset of always having faith, ask God to help you start doing that today. (Luke 24:45) Then he opened their minds to understand the Scriptures. (Matthew 16:24) Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me.
37. Peaks & Valleys- It is said that if you help a caterpillar out of its cocoon, it cannot become a butterfly. It's the struggle that gives it the strength to fly. Our lives are similar; many of our worst experiences will provide the way for some of the greatest things in our lives. We can't possibly know it at the time, but God does. (Romans 5:3-5) Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. Also check out John 16:33 and James 1:2-4.
38. Beware of landmines- In war, as you draw closer to enemy territory, soldiers often encounter landmines, modern military calls them IEDs. As you draw closer to God, there will be forces that do everything in their power to sidetrack your progress. Be aware of their presence, don't not let them win. Ask God in prayer today to shield you from them. Also ask him to help you recognize those landmines & to give you the strength to overcome them. (Ephesians 6:12) For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Also check out Psalms 91:11-12.

39. Internal Dialogue- It is often said the difference between a good athlete & a great one, is not strength or talent; it's their mental game. They have the ability to focus & overcome when the pressure is on or even when it looks like there is no other way out of defeat. The secret they know is this, the battle is won or lost before they open their mouths or ever take physical action! What you say to yourself, positive or negative will have a direct impact on every outcome in your life. You can literally overcome any obstacle by doing two things; know your strength comes from the Lord, not you. Second, consciously direct your thoughts to a positive outcome. I'm not talking about just randomly hoping for positive outcomes here. The power with him, in you is immense, therefore it must be harnessed. This power may be one of the most misunderstood gifts God has given us. I want you think about it, practice it daily & apply it to every area of your life, your family, job, hobbies, etc. (Philippians 4:13) I can do all things through him who strengthens me. Also check out Philippians 4:8 and Deuteronomy 31:6.
40. Another 20 feet- There's a story of a soldier who was wounded badly in war. As a matter of fact, he was wounded so badly that he couldn't even walk. To make matters worse, he was several miles behind enemy lines. All of his platoon was either dead or had left the area, he was all alone. He needed to find a way out. All he knew was what direction to travel & that he could only crawl about 20 feet at time. His savior came from a small stone that he found at his feet. He focused on that stone & nothing else. He could only throw it about 20 feet, crawl to it & then do it again. Over and over he threw it until finally making it out of harms way & back to a safe area where he was found by his medics. My hope is that you have found your stone during this last 40 days. If you focus on him, the outcome will always be in your favor. Often, God only allows us to see 20 feet at a time. Don't worry about what lies ahead, just keep throwing your stone my friend.