



40

DAYS,
MILES,
SCRIPTURE

A Blenten Journey

40 Days. 40 Miles.

Walk or Run* **1 mile a day**, focusing on your relationship with Christ and growing closer to Him. This means there will be a total of 40 miles that you will have to complete by the end of your 40 days. We understand life happens, although we suggest you do all 40 days/miles in a row, if you miss a day just double up the next day, etc.

Throughout your 40 days, you will be reading and studying the **book of Acts**. Last year we studied the book of John and the years before Matthew, Mark, Luke, and John. Each day there will be specific verses to read to keep you on track for finishing in the 40 days. If a day of reading is missed, add that reading onto the next day.

Optional: Take it a step further...Within 40 days you will have the opportunity to complete **40 challenges**. Your challenges will be attached to your daily scripture readings. The challenges are created to help grow your faith while learning to act more like Christ. Most people read their devotional for the day and then that is it. We are challenging you to bring your devotional to life with our 40 challenges.

HIS WORDS

AFTER HIS SUFFERING, HE PRESENTED HIMSELF TO THEM AND GAVE MANY CONVINCING PROOFS THAT HE WAS ALIVE. HE APPEARED TO THEM OVER A PERIOD OF **Forty Days** AND SPOKE ABOUT THE KINGDOM OF GOD.

ACTS 1:3, NIV

Matthew 4:1-11

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry.

The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Day 1

Read Acts 1:1-26

* CHALLENGE: Come up with your own goal and purpose for doing The Forty Forty Challenge in 2026.

Day 2

Read Acts 2:1-41

* CHALLENGE: Print off the Forty Forty Challenge Journal found via PDF in your confirmation email or accountability group. Use it to track your goals, prayers, and thoughts throughout the 40 days. If you purchased the printed journal from us, use that instead.

Day 3

Read Acts 2:42-47 and 3:1-26

* CHALLENGE: Give God the first 15 minutes of your day, before anything else. Try to do this every day for the rest of the challenge.

Day 4

Read Acts 4:1-22

* CHALLENGE: Memorize this verse throughout the rest of the challenge: Acts 4:12 (tips will be posted in your accountability group).

Day 5

Read Acts 4:23-37

* CHALLENGE: Start a prayer list and pray for these people on a daily basis. Continue to add to this list throughout the rest of the challenge.

Day 6

Read Acts 5:1-16

* CHALLENGE: Practice Gratitude. Jot down what you are grateful for. Make this a daily habit. By the time the Challenge is done, the goal is to have at least 40 things written down that you are grateful for.

Day 7

Read Acts 5:17-42

* CHALLENGE: Go to the Bible Project and watch the videos they have on Acts. (We will post links in the group.)

Day 8

Read Acts 6:1-15

* CHALLENGE: Take a quick self check: How is your time with God going lately? What's helped? What's been missing? Don't judge yourself. Just be honest, and ask Him to refresh your relationship.

Day 9

Read Acts 7:1-29

* CHALLENGE: Write down 3 things that distract you from God. Ask Him to help you surrender them.

Day 10

Read Acts 7:30-53

* CHALLENGE: Fast from something small today such as sugar, social media, or TV, and use that time to pray.

Day 11

Read Acts 7:54-60 and 8:1-25

* CHALLENGE: Unfollow or mute 5+ social accounts that distract you from Jesus.

Day 12

Read Acts 8:26-40

* CHALLENGE: Do your walk at sunrise or sunset. Thank God for His creation.

Day 13

Read Acts 9:1-19

* CHALLENGE: Write down your "Damascus moment"—how has God redirected your life? If you haven't had a big turning point, write down a time God gently redirected your steps.

Day 14

Read Acts 9:20-43

* CHALLENGE: What habit or addiction is holding you back from following Jesus fully? Write it down and ask God to redeem it. Take one small step today toward freedom in Him.

Day 15

Read Acts 10:1-23

* CHALLENGE: Set alarms at 9am, 12pm, 3pm, and 6pm to stop and pray for 1 minute each.

Day 16

Read Acts 10:24-48

* CHALLENGE: Write a letter to someone who hurt you. Don't send it—just release the pain in prayer.

Day 17

Read Acts 11:1-30

* CHALLENGE: Add a 20-minute workout to your mile today. Share with others what you did to give them ideas on different workouts.

Day 18

Read Acts 12:1-25

* CHALLENGE: Create a healthy meal plan for the next week. Share your favorite healthy meal for others to see in the group.

Day 19

Read Acts 13:1-20

* CHALLENGE: Call or message a family member or friend and tell them how much they mean to you and how much Jesus loves them.

Day 20

Read Acts 13:21-52

* CHALLENGE: Invite someone on a walk and talk about faith or life.

Day 21

Read Acts 14:1-28

* CHALLENGE: Compliment someone today. Make it meaningful and not based on appearance.

Day 22

Read Acts 15:1-23

* CHALLENGE: Bring a friend a meal or coffee just to bless them.

Day 23

Read Acts 15:24-41

* CHALLENGE: Get connected. Research small groups at your church and see if there are any that might interest you. If you are already in a small group, reach out to someone who could be of interest in joining your group. Join one that fits the season of life you're in.

Day 24

Read Acts 16:1-15

* CHALLENGE: Reach out to someone you've lost touch with. Reconnect and encourage them.

Day 25

Read Acts 16:16-40

* CHALLENGE: Ask someone how you can pray for them. If you can, do it on the spot. If you're not seeing anyone today, check in with the Facebook group.

Day 26

Read Acts 17:1-34

* CHALLENGE: Today, sit in absolute silence for 10 minutes. Ask God to speak and journal your thoughts.

Day 27

Read Acts 18:1-28

* CHALLENGE: Invite someone to take a faith step, whether it's church, a conversation, or next year's challenge.

Day 28

Read Acts 19:1-22

* CHALLENGE: Do something bold today in Jesus' name—even if it's uncomfortable.

Day 29

Read Acts 19:23-41

* CHALLENGE: Watch one episode of *The Chosen* and journal how Jesus speaks to you through it.

Day 30

Read Acts 20:1-38

* CHALLENGE: Share your favorite Bible verse in the group and why it matters to you.

Day 31

Read Acts 21:1-26

* CHALLENGE: Sign up to volunteer locally. This can be at a shelter, food pantry, or through your church.

Day 32

Read Acts 21:27-40

* CHALLENGE: Read today's Scripture out loud with a spouse, child, or friend.

Day 33

Read Acts 22:1-30

* CHALLENGE: Acts 1:8 reminds us we're called to be His witnesses. The challenge doesn't end at Day 40—it launches you into Day 41 and beyond. Reflect on what habits you'll carry forward and share your next steps in the group.

Day 34

Read Acts 23:1-35

* CHALLENGE: Self Care. Do something for yourself today that helps fill your cup. If we're feeling depleted, how can we show the love of Christ to others?

Day 35

Read Acts 24:1-27

* CHALLENGE: Choose the next Book of the Bible you will read after Acts or check out the other Books of the Bible Challenges we offer.

Day 36

Read Acts 25:1-27

* CHALLENGE: Pick a worship song and pray through the lyrics. Share your song with the group.

Day 37

Read Acts 26:1-32

* CHALLENGE: Write out your testimony and share it privately or publicly. Reflect on who you were before Jesus, how you came to know Him, and how He's changed your life.

Day 38

Read Acts 27:1-32

* CHALLENGE: Celebrate His faithfulness—write down 5 times God has shown up during this challenge.

Day 39

Read Acts 28:1-16

* CHALLENGE: Encourage one another. You're almost at the finish line! Post something uplifting to help the group finish strong.

Day 40

Read Acts 28:17-31

* CHALLENGE: Look back to Day 1 and remember your goal and reason for doing The Forty Forty Challenge. Did you accomplish it? Reflect on your Forty Forty experience. Post a picture to the group of you wearing your earned medal!