

BATTLE PLANS

WEEK 1 : MAY 29 - JUNE 5

Wisdom

- Memorize Luke 2:52
- Read Introduction and Chapter 1 of Do Hard Things

Stature

- Nutrition: No Soda or high sugary drinks
- Set benchmarks if you haven't already (see benchmark in binder)
- Workout: Deck of Pain 2x → 1x 2x

For each workout, you will have a deck of cards face down. You'll flip over the top card and do the exercise for the card. Repeat until you've completed your deck or until you absolutely can't continue. (Ace = 10 Kings = 10 Queens = 10 Jacks = 10)

- Level 1= number cards only (remove aces and face cards)
- Level 2= all cards except aces
- Level 3= full deck- all 52 cards
 - Diamonds: Pushups
 - Hearts: Lunges
 - Spades: Squats
 - Clubs: Sit-ups/Crunches

Upcoming Events

June 12: Paintball (8:30AM - 3:30 PM)

We will leave First Congo at 8:30 AM and will return around 3:30 PM. Cost: \$25 Be sure to sign up & fill out a permission slip!

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
 - Commitment to Truth found in God's Word, not secular ways of things.
- Read 1 Timothy 1 three different times this week → 1x 2x 3x

Favor with Man

- Share what we are doing with your family and see if they want to do it with you.
- Find a time to share thoughts and expectations of the summer with a teammate and pray together.

Attendance

- May 29: Wednesday Hangout (5-8)
- May 30: Ebonclad @Congo(12:30-3:30)
- June 2: Church Service (9:30 AM)
- June 2: Prayer Walk (11:00 AM)
- June 2: The Way Youth Group (5-7:30)
- June 5: Pool Party @The Tice's (5-8)

Reminder:

Tell your friends about what we are doing this summer and invite them to join us!!

BONUS

- Choose something that is a distraction or that you waste too much time with and give it up from June 2 - July 31. This can be food, drink, app, netflix, video games, youtube, secular music, inappropriate movies, etc. Share this with your leaders and captains. We can do this together!

BATTLE PLANS

WEEK 2 : JUNE 6-12

Wisdom

- Read Chapter 2 and Chapter 3 of Do Hard Things

Stature

- Nutrition: No Sweets!
- Workout: Timed Circuit → 1x 2x 3x
 - Timed Circuit Workout 3x (5 pushups/10 air squats/ 15 sit-ups or crunches) After completing all those, then you start it over again. You continue based on your fitness level
 - Level 1=8 min
 - Level 2=10 mins
 - Level 3=12 mins

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
 - For our peers, leaders, and ourselves to grow in the knowledge and application of the Truth of God's Word in each of our lives.
- Read 1 Timothy 2 three different times this week → 1x 2x 3x

Favor with Man

- Share with your family what you are learning so far this summer.
- Share with a friend what we are doing this summer and invite them to join us.

Attendance

- June 9: Church Service (9:30 AM)
- June 9: The Way Youth Group (5-7:30)
- June 12: Paintball (8:30 AM - 3:30 PM)
- June 12: Wednesday Hangout (5-8)

BONUS

- Choose something that is a distraction or that you waste too much time with and give it up from June 2 - July 31. This can be food, drink, app, netflix, video games, youtube, secular music, inappropriate movies, etc. Share this with your leaders and captains. We can do this together!

Upcoming Events

June 19: Jackrabbits (11:45 AM)

Join us to watch the Jackrabbits in action. We will leave from the church at 11:45 AM and arrive at the stadium together. Cost: \$10 Please sign up before the 12th and don't miss out!

BATTLE PLANS

WEEK 3 : JUNE 13-19

Wisdom

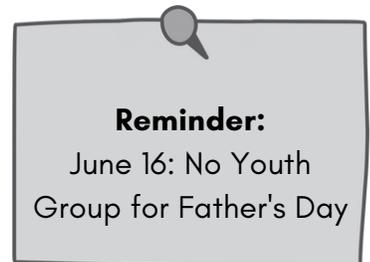
- Read Chapter 4 of Do Hard Things

Stature

- Nutrition: No Fast Food!
- Based on your fitness level: Run, Walk, or Bike the following miles for the week.
- Level 1: Run 3 miles, Walk 6 miles, or Bike 9 miles for the week
 - Level 2: Run 4 miles, Walk 8 miles, or Bike 12 miles for the week
 - Level 3: Run 5 miles, Walk 10 miles, or Bike 15 miles for the week
- Mile 1 Mile 2 Mile 3 Mile 4 Mile 5 Mile 6 Mile 7 Mile 8 Mile 9

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
- Pray that we live in a way that qualifies us to lead.
- Read 1 Timothy 3 three different times this week. → 1x 2x 3x



Favor with Man

- Play a game (not a video game) with a family member!
- Pray with a teammate. Your team is meant to be like a family that strengthens and supports one another. Take time this week to talk with a person on your team. Ask them how they are doing, what they are struggling with, how you can come alongside them to help them in their journey. Then pray with them, out loud. Be bold. Jesus encourages us to love one another like He loves us and this is a way to do just that.

Attendance

- June 13: Ebonclad @Congo (12:30-3:30)
- June 16: Church Service (9:30 AM)
- June 19: Jackrabbits (11:45 AM)
- June 19: Wednesday Hangout (5-8)



Upcoming Events

June 26: Logan's Run Golf (9:00-3:00)

Join us as we tee it up in Logansport! We will leave from the church at 9:00 AM, play golf, get lunch, and get back to Congo around 3:00 PM. Bring \$20 & clubs to play. Please sign up by June 16th & don't forget your permission slip!

- I've committed to giving up _____ for the summer. I'll continue to give this up so that I can focus on growing in all areas of my life.

BATTLE PLANS

WEEK 4 : JUNE 20-26

Wisdom

- Read Chapter 5 of Do Hard Things

Stature

- Nutrition: No Unhealthy Snacking!
- Team Workout!

Throughout this week, push yourself to do as many pushups, sit-ups, lunges, and squats as you can. Don't guess! Count and keep track!! At the end of the week, the team that does the most pushups will earn an extra 125 points for their team. Same for sit-ups, lunges, and squats.

- **IMPORTANT NOTE:** This is an easy week to skip the workout and rely on your team to do all of the work. This is an easy week to cheat and say that you did more than you actually did. Do the hard thing! DO your best, and have integrity.

_____ Pushups _____ Sit-ups _____ Lunges _____ Squats

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
 - (Do Hard Things: Page 70-81): Pray for God to work through our weaknesses for His glory, for Him to give you confidence, and to provide opportunities for you to take "That Scary First Step".
- Read 1 Timothy 4 three times this week.
1x 2x 3x

Favor with Man

- Think of a person that you need to forgive. Have you been holding onto a grudge? Do you treat this person differently than you do others because of a conflict between you two? Maybe you don't think it's possible to forgive this person. Ask God to help you forgive them. God reminds us in Colossians 3:13 to forgive others as God has forgiven us. First in your own heart then, at times, in person.
- Find a new way to serve someone in your family.

Attendance

- June 20: Ebonclad @Congo (12:30-3:30)
- June 23: Church Service (9:30 AM)
- June 23: The Way Youth Group (5-7:30)
- June 26: Logan's Run Golf (9-3)
- June 26: Wednesday Hangout (5-8)

BONUS

- I've committed to giving up _____ for the summer. I'll continue to give this up so that I can focus on growing in all areas of my life.

Upcoming Events

July 3: Wednesday Hangout (5-8)
Meet at Heritage Lanes
(Bring Your Book & Binder)

BATTLE PLANS

WEEK 5 : JUNE 27-JULY 3

Wisdom

- Read Chapter 6 of Do Hard Things

Stature

- Nutrition: No Fast Food !
 Workout: Deck of Pain 3x → 1x 2x 3x

For each workout, you will have a deck of cards face down. You'll flip over the top card and do the exercise for the card. Repeat until you've completed your deck or until you absolutely can't continue. (Ace = 10 Kings = 10 Queens = 10 Jacks = 10)

- Level 1= number cards only (remove aces & face cards)
- Level 2= all cards except aces
- Level 3= full deck- all 52 of them
 - Diamonds: Pushups
 - Hearts: Lunges
 - Spades: Squats
 - Clubs: Sit-ups/Crunches

Upcoming Events

July 10: Wednesday Hangout @ Kylan's Grandparents' (5-8)
(12385 W 100 N Kokomo, IN 46901)
(Bring Your Book & Binder)

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
- (1 Tim 5:1) Pray for God to show you opportunities to encourage others and to be a light in a dark world that desperately needs Christ.
- Read 1 Timothy 5 three times this week. → 1x 2x 3x

Favor with Man

- Write a note to a friend, family member, teacher, or someone else that has had a positive impact on your life. 1 Thessalonians 5:11 tells us to encourage one another. Did you know that the majority of the New Testament books are letters written to groups of people to encourage them, strengthen them, and to share what they've been learning? Taking the time to say a kind word to someone can make a huge impact in a person's life. We all need encouragement so take time to send a note of encouragement.

Attendance

- June 27: Ebonclad @Congo (12:30-3:30)
 June 30: Church Service (9:30 AM)
 June 30: The Way Youth Group (5-7:30)
 July 3: Wednesday Hangout @Heritage Lanes (5-8)

BONUS

- I've committed to giving up _____ for the summer. I'll continue to give this up so that I can focus on growing in all areas of my life.

BATTLE PLANS

WEEK 6 : JULY 4-10

Wisdom

- Read Chapter 7 of Do Hard Things

Stature

- Nutrition: Spend at least 1 hour outside 4/7 days (Rain or shine)
- Workout: Timed Circuit → 1x 2x 3x
 - Timed Circuit Workout 3x (5 pushups/10 air squats/ 15 sit-ups or crunches) After completing all those, then you start it over again. You continue based on your fitness level
 - Level 1=8 min
 - Level 2=10 mins
 - Level 3=12 mins

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
(1 Tim 6:11-19): Thank Jesus for His sacrifice on the cross and pray for God with His supernatural power to flee from temptation, lust, pride, jealousy, anger, and more... and to pursue righteousness, godliness, faith, love, steadfastness, and gentleness.
- Read 1 Timothy 6 three times this week. → 1x 2x 3x

Favor with Man

- Reach out to a friend that you haven't seen in awhile just to check in and see how they're doing.
- Do something fun with a teammate (not including organized youth events).

Attendance

- July 7: Church Service (9:30 AM)
- July 7: The Way Youth Group (5-7:30)
- July 10: Wednesday Hangout @Kylan's Grandparents' (5-8)

Upcoming Events

July 17: Movie Night @ First Congo (8:00 PM - 11:00 PM)

BONUS

- I've committed to giving up _____ for the summer. I'll continue to give this up so that I can focus on growing in all areas of my life.

BATTLE PLANS

WEEK 7 : JULY 11-17

Wisdom

- Read Chapter 8 of Do Hard Things

Stature

- Nutrition: No Sweets!
- Based on your fitness level: Run, Walk, or Bike the following miles for the week.
- Level 1: Run 3 miles, Walk 6 miles, or Bike 9 miles for the week
 - Level 2: Run 4 miles, Walk 8 miles, or Bike 12 miles for the week
 - Level 3: Run 5 miles, Walk 10 miles, or Bike 15 miles for the week
- Mile 1 Mile 2 Mile 3 Mile 4 Mile 5 Mile 6 Mile 7 Mile 8 Mile 9

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
- (Do Hard Things: Pg 134-137): Pray and ask for God's wisdom and discerning spirit in your life. After this ask for God to reveal to you what the small hard things you can do this week! Then do them!
- Fast from Streaming (Netflix, hulu, disney+, youtube, etc) and spend extra time in God's word or praying.
- Read 2 Timothy 1 three times this week. → 1x 2x 3x

Favor with Man

- Pray with a teammate. Your team is meant to be like a family that strengthens and supports one another. Take time this week to talk with a person on your team. Ask them how they are doing, what they are struggling with, how you can come alongside them to help them in their journey. Then pray with them, out loud. Be bold. Jesus encourages us to love one another like He loves us and this is a way to do just that.
- In a similar way, pray with a family member.

Attendance

- July 11: Ebonclad @Congo (12:30-3:30)
- July 14: Church Service (9:30 AM)
- July 14: The Way Youth Group (5-7:30)
- July 17: Wednesday Hangout (5-8)
- July 17: Movie Night @Congo (8-11)

BONUS

- I've committed to giving up _____ for the summer. I'll continue to give this up so that I can focus on growing in all areas of my life.

BATTLE PLANS

WEEK 8 : JULY 18-24

Wisdom

- Read Chapters 9 and 10 of Do Hard Things

Stature

- Nutrition: No Soda or high sugary drinks!
- Workout: Deck of Pain 4x → 1x 2x 3x 4x

For each workout, you will have a deck of cards face down. You'll flip over the top card and do the exercise for the card. Repeat until you've completed your deck or until you absolutely can't continue. (Ace = 10 Kings = 10 Queens = 10 Jacks = 10)

- Level 1= number cards only (remove aces & face cards)
- Level 2= all cards except aces
- Level 3= full deck- all 52 of them
 - Diamonds: Pushups
 - Hearts: Lunges
 - Spades: Squats
 - Clubs: Sit-ups/Crunches

Upcoming Events

July 28: The Way Pool Party @The Tice's (5-7:30)
1507 Fairway Drive
(Bring Your Book & Binder)

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
 - (2 Tim 2:1-26): Pray for God to speak to you from the scripture reading this week... what is God telling you? Journal and reflect.
- Read 2 Timothy 2 three times this week. → 1x 2x 3x

Favor with Man

- Fast from Social Media this week (Snapchat, Instagram, Facebook, Twitter, TikTok, Marco polo, etc).
 - Instead of relying on technology to connect with people. Go out and connect with them face to face.
 - Instead of scrolling on social media apps as you get bored, or before bed, click on the Bible app instead. Read, explore, and pray to connect with God instead of a screen.

Attendance

- July 18: Ebonclad @Congo (12:30-3:30)
- July 21: Church Service (9:30 AM)
- July 21: The Way Youth Group (5-7:30)
- July 24: Wednesday Hangout (5-8)

BONUS

- I've committed to giving up _____ for the summer. I'll continue to give this up so that I can focus on growing in all areas of my life.

BATTLE PLANS

WEEK 9 : JULY 25-JULY 31

Wisdom

- Read Chapter 11 and 12 of Do Hard Things

Stature

- Nutrition: No unhealthy snacking!
- Team Workout!**

Throughout this week, push yourself push yourself to run as many miles and to do as many pushups, sit-ups, lunges, and squats as you can. Don't guess! Count and keep track!! At the end of the week, the team that does the most pushups will earn an extra 150 points for their team. Same for sit-ups, lunges, and squats.

- **IMPORTANT NOTE:** This is an easy week to skip the workout and rely on your team to do all of the work. This is an easy week to cheat and say that you did more than you actually did. Do the hard thing! DO your best, and have integrity.

_____Miles _____Pushups _____Sit-ups _____Lunges _____Squats

Favor with God

- Prayer Focus (Spend intentional time praying about the following):
 - (Do Hard Things: Page 223): Pray for God to reveal to the following to you: What negative actions and patterns need to end? What and who do you need to be honest to? What connections will help you get there? Then finally acknowledge God and how you will stay connected to him when school starts. Write these things down and use it as a guide to continue to grow over the school year! Remember do the hard thing!
- Read 2 Timothy 3 three times this week. → 1x 2x 3x

Favor with Man

- Share with your family what you've learned and how you've grown this summer!
- Write notes to your teammates or other students encouraging them in the ways that you've seen them grow, mature, or ways you've been encouraged by them throughout the summer. Write as many as you can or want to.

Attendance

- July 25: Ebonclad @Congo (12:30-3:30)
- July 28: Church Service (9:30 AM)
- July 28: The Way Pool Party @The Tice's (5-7:30)
- July 31: Wednesday Hangout (5-8)

BONUS

- I've committed to giving up _____ for the summer. I'll continue to give this up so that I can focus on growing in all areas of my life.