Week 1: Get in Shape

Scripture: Romans 8:31-39

The Truth: Our bodies are from God. You can idolize it, abuse it or care for it, but your quality of life rarely rises above what conquers you.

The Dare: Conquer what Conquers you – We Dare you to Get in Shape!

Action:

Dare: (Improve Physical Health)

- Cut sugary snacks
- Park further away & walk
- Replace soda’s or sweet tea with water
- Dessert Budget: 1-2 times a week only

Double Dog Dare: (Change Physical Health)

- Conquering Commitment: My “One” for 90 days
- Conquer Together: Join A Fitness Small Group (Feb-May)
Week 2: Get Emotionally Mature (Healthy)

Scripture: Romans 8:31-39

The Truth: God loves us perfectly. But dysfunctional love drills a hole in our soul (emotional wounds).

The Dare: Conquer the lies that conquer you – We Dare you to get emotionally mature (fix the hole)

Action:

Dare: (Improve Emotional Maturity)

- Quick to Listen
- Slow to Speak
- Slow to become angry, selfish, vent or blame

Double Dog Dare: (Change Emotionally Mature)

- Own your bucket (Wounds & Soul issues)
- Get in a Small Group (“Soul Health”)
Week 3: Fall Back in Love

Scripture: Romans 8

The Truth: Romantic love may start a marriage, but only true love will strengthen a marriage for life. And true love comes from God alone.

The Dare: We dare you to fall back in love – Let kindness conquer contempt in your marriage.

Action:

Dare: (Fall back in love)

- Get back to praying for each other
- Get back to sexual intimacy
- Get back to walks and talks
- Get back to date nights

Double Dog Dare: (Change Emotionally Mature)

- Get in a Small Group (Enrich your marriage)
**Week 4: Lead Your Kids**

*Scripture: Romans 8*

**The Truth:** As a parent, you have the greatest **potential** to **influence** your child.

**The Dare:** We dare you to lead your kids (maximize your potential).

- Love Unconditionally
- Engage Fully
- Affirm Frequently
- Discipline & Dream

**Action:**

**Dare: (Grow Your Relationship)**

- Pray Daily
- Meet One-on-One Weekly

**Double Dog Dare: (Grow Your Leadership)**

- Join a Parenting Group (Enrich your marriage)
Week 5: Get in the Game

Scripture: Romans 8

The Truth: While work is a God ordained endeavor, dreaming of the ring is easier than getting the ring.

The Dare: We Dare you to get better (in your career, job, work).

Action:

Dare: Get into God’s Grace (you can’t work your way to Heaven)

Double Dog Dare: Join a Career Group