

CALLING THE COURAGEOUS... to self-denial.

During the next 4 weeks, consider taking on the "**MORE** or less" self-denial challenge, individually, or with your family or friends. Every day of each week, you will either do/give more of something or keep/spend less. Here's how it works...

Week 1 - Read More: Read through the complete book of Matthew by the end of the week. Hear from Jesus how self-denial is a significant characteristic of living in the Kingdom of God.

Week 2 - Keep Less: Commit to living more simply and rid yourself of some of the "stuff" taking up space in your life. By the end of the week, you'll have downsized by 28 items.

Week 3 - Spend Less: Each day of the week, spend less than you otherwise would have, and by the end of the week, give the money you saved to Partners in Mission.

Week 4 - Give More: Go beyond last week's self-denial, and give more. Following the same pattern, sacrificially give more to Partners in Mission this week.

...MORE or less.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Read More	Read Matthew 1	Read Matthew 2-3	Read Matthew 4-6	Read Matthew 7-10	Read Matthew 11-15	Read Matthew 16-21	Read Matthew 22-28
Keep Less	Throw away, donate, or give away 1 Item	Throw away, donate, or give away 2 Items	Throw away, donate, or give away 3 Items	Throw away, donate, or give away 4 Items	Throw away, donate, or give away 5 Items	Throw away, donate, or give away 6 Items	Throw away, donate, or give away 7 Items
Spend Less	Spend \$1 less today, and give to Partners in Mission	Spend \$2 less today, and give to Partners in Mission	Spend \$3 less today, and give to Partners in Mission	Spend \$4 less today, and give to Partners in Mission	Spend \$5 less today, and give to Partners in Mission	Spend \$6 less today, and give to Partners in Mission	Spend \$7 less today, and give to Partners in Mission
Give More	Give \$1 more to Partners in Mission	Give \$2 more to Partners in Mission	Give \$3 more to Partners in Mission	Give \$4 more to Partners in Mission	Give \$5 more to Partners in Mission	Give \$6 more to Partners in Mission	Give \$7 more to Partners in Mission



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UPWARD | OUTWARD | ONWARD

"MAY WE EVEN MORE DARE FOR YOU"

Canada & Bermuda Territorial Soldiership Campaign