



# THE INSANE S.W.E.A.T CLUB

## 40 Days To A Leaner Spiritual Life

# Before and After

BEFORE THE 40 DAYS

AFTER THE 40 DAYS

You know the drill. These exercise programs always ask for a before and after picture, so they can show you the results of their hard work. We want you to do the same. In the Before 40 Day Sweat Club box, be honest about where you are with God. The scales do not lie. God knows the truth. Do not try and pretty yourself up. Be honest, but don't drag yourself through the mud either. What needs to happen in you in the next 40 days? What needs to be transformed? What attitudes, like love handles do you need to get rid of?

You did it! 40 Days later, how do you feel? What do you look like on the inside? Are you spiritually ripped? Are you able to hand life better? Are you closer to God? Do you love and appreciate His Word more? Do see others the way God sees them? Be honest, what have you gained during these 40 days? The Bible says, *"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"* You are transformed, though not completely. God is always working in us until we get to heaven. You are off to a great start! Don't give up.

## **Do You Know How To S.W.E.A.T?**

Welcome to the 40 Day S.W.E.A.T Challenge. Maybe you are one of those religious couch potatoes who gets their spiritual work out two days a week (Wednesday and Sunday) and you are looking for something more. Maybe you are in pretty good shape spiritually, but you are ready to take your walk with God to the next level. These spiritual exercises will challenge you to get your head out of the video games and your eyes off Facebook and into God's word.

### **What Is S.W.E.A.T?**

**Study Your Bible**

**Witness To Your Friends**

**Encourage One Another**

**Act On What You Read**

**Talk It Out With God**

These five disciplines are what every Christian needs to do to stay spiritually healthy. Imagine these disciplines are like work out machines in the gym. You'll take the next 40 days and work on each machine, every day. This S.W.E.A.T y Journal contains the pages that will help you stay on course. Let's hit the gym!



**“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” I Timothy 4:8**

# Exercise 1: Study Your Bible

S stands for Study Your Bible. There are 89 combined chapters in the what is called The Gospels (Matthew, Mark, Luke, and John). If you read two chapters a day, you will finish all four gospels in 40 days. As you study, use this S.W.E.A.Ty Journal page to keep track of what you read. You can mark the books and chapters you read in each box.

Afterwards, post a comment about what chapter you read and what did God teach you from it. Maybe you learned something new or something that really spoke to you. Share your thoughts on the discussion board. Over 40 days, the purpose, plan, and passion of Jesus will become evident and rock your world.

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30
Day 31	Day 32	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38	Day 39	Day 40

# Exercise 2: Witness To Others

W is for witnessing to others. This is a tough one for any believer, but that is why this is part of the Extremely Insane S.W.E.A.T Bible Study.

In the traditional sense, witnessing means telling others how to know Christ and accept him as Savior. This includes sharing about sin, salvation, etc. This is fine if the Lord leads you that way. Witnessing, in the case of this "workout," will be telling others about how good God has been to you and what has God done for you. You may want to commit to sharing your testimony of how you came to know Christ, or a new verse you've learned.

Post on the discussion board who you shared with and what was there response. Use your S.W.E.A.T.y journal to help you keep track of who you shared with and try not to have any duplicates.

Person 1 \_\_\_\_\_

Person 16 \_\_\_\_\_

Person 31 \_\_\_\_\_

Person 2 \_\_\_\_\_

Person 17 \_\_\_\_\_

Person 32 \_\_\_\_\_

Person 3 \_\_\_\_\_

Person 18 \_\_\_\_\_

Person 33 \_\_\_\_\_

Person 4 \_\_\_\_\_

Person 19 \_\_\_\_\_

Person 34 \_\_\_\_\_

Person 5 \_\_\_\_\_

Person 20 \_\_\_\_\_

Person 35 \_\_\_\_\_

Person 6 \_\_\_\_\_

Person 21 \_\_\_\_\_

Person 36 \_\_\_\_\_

Person 7 \_\_\_\_\_

Person 22 \_\_\_\_\_

Person 37 \_\_\_\_\_

Person 8 \_\_\_\_\_

Person 23 \_\_\_\_\_

Person 38 \_\_\_\_\_

Person 9 \_\_\_\_\_

Person 24 \_\_\_\_\_

Person 39 \_\_\_\_\_

Person 10 \_\_\_\_\_

Person 25 \_\_\_\_\_

Person 40 \_\_\_\_\_

Person 11 \_\_\_\_\_

Person 26 \_\_\_\_\_

Person 12 \_\_\_\_\_

Person 27 \_\_\_\_\_

Person 13 \_\_\_\_\_

Person 28 \_\_\_\_\_

Person 14 \_\_\_\_\_

Person 29 \_\_\_\_\_

Person 15 \_\_\_\_\_

Person 30 \_\_\_\_\_

**“You will be his witness to all people of what you have seen and heard” Acts 22:15**

# Exercise 3: Encourage One Another

With your new found reading you will want to share what God has shown you.

Take verses, ideas, or principles you have discovered, and share them with a friend to encourage them.

Did you read somewhere that Jesus helped someone? Share that with someone and then go and help someone because you saw Jesus do it. Did you read something that encouraged you? Share it with a believer who needs encouragement in their faith. Mark the boxes as you go.

Share your experience of who and how you encouraged someone with God's Word today on the discussion board.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Day 36	Day 37	Day 38	Day 39	Day 40		

# Exercise 4: Act On What You Have Read

A is for Action. God is not handing out gold stars for how much we KNOW about Him. In fact, God is not handing out gold stars for any spiritual behavior. If we read something in the scriptures, and the Holy Spirit reveals what we should do about it, then we have to go do it. This may mean forgiving someone or serving someone you do not like. Put a check mark in each circle for every time you act on what you've read.

Post your act of obedience on the discussion board, with the scripture you read, and how you acted on it.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

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Day 16

Day 17

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Day 36

Day 37

Day 38

Day 39

Day 40

# Exercise 5: Talk It Over With God

This is your prayer time. I want you to take what you have read, talk it over with God and just listen. What is God saying to you about the Scriptures?

Take it up a notch, find a way to pray what you have read back to God. Write the passage you are working in the blanks below.

**Example:** For God so loved the world, He gave His only son, so that whoever will believe in him will not perish, but will have eternal life.

**Pray it back:** God, I have friends that you love, but they do not know you. I don't want them to perish. Will you use me to share your love with them, so they can come to know your Son, Jesus?

You don't have to write your whole prayer down, just share the verse and the short version of what you prayed back to God on the discussion board.

Passage 1 \_\_\_\_\_

Passage 2 \_\_\_\_\_

Passage 3 \_\_\_\_\_

Passage 4 \_\_\_\_\_

Passage 5 \_\_\_\_\_

Passage 6 \_\_\_\_\_

Passage 7 \_\_\_\_\_

Passage 7 \_\_\_\_\_

Passage 8 \_\_\_\_\_

Passage 9 \_\_\_\_\_

Passage 10 \_\_\_\_\_

Passage 11 \_\_\_\_\_

Passage 12 \_\_\_\_\_

Passage 13 \_\_\_\_\_

Passage 14 \_\_\_\_\_

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Passage 35 \_\_\_\_\_

Passage 36 \_\_\_\_\_

Passage 37 \_\_\_\_\_

Passage 38 \_\_\_\_\_

Passage 39 \_\_\_\_\_

Passage 40 \_\_\_\_\_



## S.W.E.A.T Resources

Here are a few ideas and some resources to use in conjunction with this tool. I think every curriculum should have a soundtrack. I found this album, and it makes a great background to the the teaching. The album even has a song called [Sweat It Out](#).

For even more ways to use this material check out [The Sweaty Bible Study](#)



Check out K's website [HERE](#)

1. Bodybuilders
2. Holistic
3. Get Your Weight Up
4. Slim Down
5. Gotta Run
6. You Doing Too Much (feat. Yung Hayte)
7. Sweat It Out
8. This Waste
9. Spot Me (feat. Matthew Bracey)
10. Don't Look Down On Me (feat. Pastor AD3 & Sean Slaughter)
11. DIE-IT (feat. Humble Tip)
12. Hope They Ain't Lying (feat. Isaiah Freeman IV)
13. More Than I Can Bear (feat. Charde Jones)
14. The Power Team (feat. D-MAUB, Atia Evans, Deacon Das, Soulja K & Lesun)
15. Bar (feat. Willie Will)
16. Win or Lose
17. Stronger On My Knees (feat. CMO)
18. ABnormal (feat. Nue Breed, JMartyr, C-Micah, Adalid & Eric Cross)



Paul Turner has been ministering to students for over 25 years. He is an author, speaker, blogger, and youth pastor. He is currently youth pastoring in Birmingham, Al. His most important accomplishment is being married for 20 years to his wife Kim and raising three great kids.

You can catch up with Paul on his blog at [www.thediscipleproject.net](http://www.thediscipleproject.net). There is a free resource page where you can download

- E-books
- Youth Devotionals
- Tips and Tricks
- Forms
- Curriculum and more



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