

THE MORE OF LESS

FINDING CONTENTMENT IN CHRIST



Welcome to The More of Less: The Minimalist Challenge!

Imagine your life thirty-five days from now. How do you feel? Are you tired, stressed, or spiritually disconnected? OR, are you peaceful, hope-filled, and more spiritually engaged with God? What we know is growth never happens by accident, but instead occurs due to an intentional decision on your part to establish rhythms and practices that invite God into our daily lives.

Enter The Minimalist Challenge

For the next thirty-five days, you are invited to participate in a daily practice to help you declutter your heart, mind, and soul, which may help you declutter your attic, garage, and closet. Each week is themed around Sunday's sermon and designed, by God's grace, to help bring tangible actions to elusive ideals as you build thirty-five practices into your life for greater spiritual, emotional, relational, physical, and financial health.

WEEK ONE

8/5/24 – 8/11/24

Less Stuff, More Happiness

Day 1: Declutter a Room

Start with one room and remove any unnecessary items.

Day 2: Donate Items

Give away clothes or items you haven't used in the past year.

Day 3: Simplify Your Space

Organize a small area like a desk or closet.

Day 4: One-In, One-Out Rule

For every new item you buy, donate one.

Day 5: Minimalist Wardrobe

Choose a few outfits to wear for the week.

Day 6: Declutter Sentimental Items

Sort through keepsakes and keep only the most meaningful.

Day 7: Reflection

Journal about how decluttering has impacted your happiness. What needs to be decluttered in your soul?

WEEK TWO

8/12/24 – 8/18/24

Less Debt, More Freedom

Day 8: Create a Budget

Look at your finances and create a monthly budget. Stay on it.

Day 9: Cancel Unnecessary Subscriptions

Identify and cancel services you don't use.

Day 10: Create a Debt Repayment Plan

Outline a plan to tackle your debts.

Day 11: No-Spend Day

Avoid spending any money today.

Day 12: Create a Giving Plan

Set up a plan to give and support your church.

Day 13: Make a Savings Plan

Set a savings goal and plan how to achieve it.

Day 14: Reflection

Journal about what financial freedom and reducing your debt would feel like and enable you to do for the future. Consecrate your finances to God.

WEEK THREE

8/19/24 – 8/25/24

Less Distraction, More Presence

Day 15: Digital Detox

Spend the day (or a few hours) without screens and digital distractions.

Day 16: Practice Mindfulness

Sit in silence for 10 minutes. Invite God to join you before starting.

Day 17: Simplify Your Schedule

Remove non-essential commitments from your calendar.

Day 18: Quality Time with Loved Ones

Spend uninterrupted time with family or friends. Turn off your devices.

Day 19: Single-Tasking

Focus on completing one task at a time. Pray before starting each task.

Day 20: Nature Walk and Worship

Spend time outside without your phone. Give thanks to God and worship.

Day 21: Reflection

Journal about how you felt at the start of the week and how you feel now. How has reducing distractions improved your ability to focus and be present for others spiritually?



CHURCH ON THE HILL

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WEEK FOUR

8/26/24 – 9/1/24

Less Junk, More Health

Day 22: Clean Out the Pantry

Remove unhealthy or expired foods.

Day 23: Plan Healthy Meals

Prepare a simple, nutritious meal plan for the week.

Day 24: Hydrate

Focus on drinking plenty of water today. Make time to drink in the Word of God too.

Day 25: Move Your Body

Get up and move! Engage in a physical activity you enjoy.

Day 26: Practice Mindful Eating

See if you can slow down and savor each bite during meals.

Day 27: Reduce Sugar

Avoid added sugars and sweetened beverages.

Day 28: Reflection

Journal about how these changes have affected your well-being. How has this week's focus changed the way your body has felt? How do you feel emotionally, mentally, physically, and spiritually?

WEEK FIVE

9/2/24 – 9/8/24

Less Worry, More Faith

Day 29: Prayer and Meditation

Spend time in silence and prayer. Focus on God's ability to help you.

Day 30: Let Go of Control

Name the worries in your life and release them to God.

Day 31: Practice Gratitude

Write down three things you're grateful for. Go beyond the typical ideas.

Day 32: Simplify Your Goals

Answer this question. What is God calling you to let go of in this next season of your faith and leadership? Do it.

Day 33: Connect with Your Community

Discover one new way of connecting with your church family and community.

Day 34: Practice Forgiveness

Think of one grudge or person you struggle to forgive. Write it down. Ask for God's grace to forgive. Burn the piece of paper as a symbolic action of forgiveness.

Day 35: Reflection

Reflect on how this last month has changed your life physically, emotionally, relationally, spiritually, financially, and mentally. Journal about how minimalism has strengthened your faith, given you new insights, and/or helped refocus your spiritual journey. Spend time worshiping God and celebrate your growth and achievements.

BONUS

Start Over

Go back to Day One and start over. Pray and ask God to bless the next 35 days.

Now, GO FOR IT!!

Embrace each day with intention and let the Holy Spirit guide you toward a more simplified and spiritually mature life.



Want a digital version of this challenge?

Scan this code to visit onthehill.life/less to download the digital version of this calendar.



CHURCH ON THE HILL