

2025

40 DAYS / 40 MILES

40 DAYS OF SCRIPTURE AND
* OPTIONAL CHALLENGES

☐ Day 1
Read John 1:1-18
* CHALLENGE: Come up with your own goal and purpose for doing The Forty Forty Challenge in 2025.

☐ Day 2
Read John 1:19-42
* CHALLENGE: Print off the Forty Forty Challenge Journal found via PDF in your confirmation email. This is where all your goals, prayers and thoughts throughout the 40 days will be written down.

☐ Day 3
Read John 1:43-51 and 2:1-12
* CHALLENGE: Start a prayer list and pray for these people on a daily basis.

☐ Day 4
Read John 2:13-25 And 3:1-21
* CHALLENGE: Practice Gratitude. Jot down what you are grateful for. Make this a daily habit. By the time the Challenge is done, the goal is to have at least 40 things written down that you are grateful for.

☐ Day 5
Read John 3:22-36
* CHALLENGE: Be intentional. When reading your Bible verses for the day, start taking notes in your Bible about what those verses are telling you. What can you learn from them? Study Version Bibles are great for this!

☐ Day 6
Read John 4:1-26
* CHALLENGE: You have opened your Bible for six days straight! Keep it up! A good reminder to keep being in His Word is by keeping your Bible open. Start this habit during this challenge.

☐ Day 7
Read John 4:27-54
* CHALLENGE: Be a light. Encourage one another and build each other up! Encourage your guardian that is doing the challenge with you.

☐ Day 8
Read John 5:1-15
* CHALLENGE: Fast. Give up screen time today. Spend time with your family and have quality conversations.

☐ Day 9
Read John 5:16-47
* CHALLENGE: Is there someone at school, church, or a sport you are involved in that could use a friend? Go out of your way to be a friend to that person.

☐ Day 10
Read John 6:1-15
* CHALLENGE: God gifts us all with different talents. Write down what talents God has blessed you with.

☐ Day 11
Read John 6:16-40
* CHALLENGE: Our guardians do so much for us. How can you practice selflessness today and do something kind for them?

☐ Day 12
Read John 6:41-71
* CHALLENGE: Put your Forty Forty Sticker somewhere people can see it. Use this as a conversation starter to talk about Jesus.

☐ Day 13
Read John 7:1-24
* CHALLENGE: Work on memorizing a Bible verse over the remainder of the challenge.

☐ Day 14
Read John 7:25-44
* CHALLENGE: Pray for your family or even your future family. Make sure they are on your prayer list.

☐ Day 15
Read John 7:45-53 and 8:1-20
* CHALLENGE: Choose joy! Joy is from Jesus! Practice choosing joy daily around your family, friends, or even when you are alone.

☐ Day 16
Read John 8:21-47
* CHALLENGE: Pray for your Forty Forty Challenge Family. Every person taking this challenge has a reason. Pray that each person gets what they are looking for throughout this challenge. Add this to your prayer list.

☐ Day 17
Read John 8:48-59 and 9:1-12
* CHALLENGE: Invite a family member or friend to church. You could be planting a seed without even knowing it!

☐ Day 18
Read John 9:13-34
* CHALLENGE: Take in God's beauty and walk somewhere that is in nature today with your guardian. If you can't complete this today, find a day that works for you both to do it together.

☐ Day 19
Read John 9:35-41 and 10:1-21
* CHALLENGE: Talk to your parents/ guardians about The Forty Forty Challenge. Ask them how they are doing with it and discuss how Jesus is working in your life during this challenge so far.

JUNIOR CHALLENGE

2025

☐ Day 20

Read John 10:22-42

* CHALLENGE: Write down what Jesus means to you. Keep this in a safe spot and look back on it over the 40 days. Has your view of Jesus changed to be even greater than you originally thought and wrote down? Look back on it after the 40 days.

☐ Day 21

Read John 11:1-16

* CHALLENGE: Ask a family member or friend how you can be praying for them for the remainder of the challenge. Add this person to your prayer list.

☐ Day 22

Read John 11:17-37

* CHALLENGE: Pray with your family at dinner. Practice praying before meals if you don't do so already.

☐ Day 23

Read John 11:38-57

* CHALLENGE: Jesus calls us to forgive. Pray for someone who has hurt you in the past and work towards forgiveness and reconciliation.

☐ Day 24

Read John 12:1-19

* CHALLENGE: Today, take a deep breath, practice square breathing, and meditate on His promises. Practice this with your guardian.

☐ Day 25

Read John 12:20-50

* CHALLENGE: With your parents/guardians get a seed to plant in a pot or outside. This could be a flower, or even a tree. Watch the growth as a family and admire God's beauty! This is such a great example of "planting seeds" in the lives of others to lead them toward salvation.

☐ Day 26

Read John 13:1-17

* CHALLENGE: Share! Share something you love with someone. This could be a sibling or friend. Sharing is a good way of practicing selflessness.

☐ Day 27

Read John 13:18-38

* CHALLENGE: Help your parent/guardian with dinner. If that means helping cook or do dishes. Do it with a grateful spirit!

☐ Day 28

Read John 14:1-14

* CHALLENGE: Greet someone! Say "Hi" to someone new at church or at Sunday School.

☐ Day 29

Read John 14:15-31

* CHALLENGE: Pray for your parents or guardians. Pray that they may have wisdom and guidance from Jesus as they parent you.

☐ Day 30

Read John 15:1-25

* CHALLENGE: Get connected. Are you involved in Sunday School or a youth group through church? If not, ask your parent/guardian doing this challenge with you about the next steps to get involved.

☐ Day 31

Read John 15:26-27 and 16:1-15

* CHALLENGE: Listen to Christian Music while in the car or on your walk today. Praise Jesus while listening to music and try to make this a habit.

☐ Day 32

Read John 16:16-33

* CHALLENGE: Come up with a schedule with your guardian that allows you to keep working out daily and creating a habit of routine past the 40 days of this challenge.

☐ Day 33

Read John 17:1-19

* CHALLENGE: Practice active listening. Think of someone you could practice this with in the next week. Your parents will love this!

☐ Day 34

Read John 17:20-26 and 18:1-14

* CHALLENGE: We love because Jesus loves us! Tell a family member what you love about them. Practice using words that are uplifting and encouraging.

☐ Day 35

Read John 18:15-40

* CHALLENGE: Brainstorm with your guardian on how you can keep the Jesus Habits you created these past 40 days into day 41 and beyond.

☐ Day 36

Read John 19:1-16

* CHALLENGE: Rebuke the devil. The devil is strong, BUT God is stronger. Pray that satan does not have a place in your life or your families.

☐ Day 37

Read John 19:17-42

* CHALLENGE: Encourage each other. You are almost done with the challenge! Tell the person you signed up with to finish strong and offer an encouragement you may have.

☐ Day 38

Read John 20:1-18

* CHALLENGE: No complaints. For a week focus on being positive and grateful.

☐ Day 39

Read John 20:19-31 and 21:1-14

* CHALLENGE: Are you ready to take the next step? If yes, ask your parent/guardian or friend taking the challenge with you on how you can get plugged in to volunteer at church and help minister to others.

☐ Day 40

Read John 21:15-25

* CHALLENGE: Look back to Day 1 and remember your goal and reason for doing The Forty Forty Challenge. Did you accomplish it? Reflect on your Forty Forty experience.

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JUNIOR CHALLENGE