



Forty forty

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WHAT IS FORTY FORTY

40 Days. 40 Miles.

Forty Forty is a tool to help you take a step deeper into your relationship with Christ or for those seeking a personal relationship with Jesus. This will happen all while diving into scripture and creating a routine of movement and activity. When we push our body to move and be alive, we also push the Holy Spirit to come into our lives and give the broken and hurt pieces new life.

Follow along with Scripture each day, put your faith into action through the optional daily challenges, and build a rhythm of movement by committing to just one mile a day. These Jesus Habits can draw us closer to our Creator spiritually, mentally, and physically.

We are creating a culture and community where everyone is welcome. Join our accountability group, grow and stay accountable with others taking the same challenge as you are.

→**NOTE:** Your confirmation email has a link to join the correct Forty Forty Accountability Group. You can also use the QR code below to join the accountability group. (Have your order number ready to get into the group.)

→Instagram & Facebook:
FortyFortyChallenge

Scan to get to the →
Forty Forty Challenge
Accountability Group



HOW IT WORKS

1. Walk or Run * **1 mile a day**, focusing on your relationship with Christ and growing closer to Him. This means there will be a total of 40 miles that you will have to complete by the end of your 40 days. We understand life happens, although we suggest you do all 40 days/miles in a row, if you miss a day, just double up the next day, etc. If you choose to complete more than 40 miles, that works too!

2. Throughout your 40 days, you will be reading and studying the **Book of Acts**. Each day, there will be specific verses to read to keep you on track for finishing in the 40 days. If a day of reading is missed, add that reading onto the next day.

3. Stay accountable. Make sure to join the correct accountability group linked in your confirmation email, or use QR code to join. This is an awesome opportunity to **stay accountable** with other believers completing this challenge.

* If you are unable to walk or run a mile a day, find a physical fitness activity that can amount to 20 minutes a day to focus on Christ. All miles are on the honor system. We recommend using a mileage-tracking app or a smartwatch to help you keep track of your miles throughout the challenge.

WHY IS ONE MILE A DAY IMPORTANT?

We are developing our bodies unto the Lord both physically and mentally throughout the Forty Forty Challenge. Jesus fasted 40 days and 40 nights in the wilderness. The devil tried to tempt Jesus and yet He was able to forego each temptation that was thrown at Him. Although this challenge does not come anywhere close to the challenges Jesus faced, we have created this challenge to help us better understand how hard it truly is to be disciplined for 40 days straight like Jesus was. 40 days is a good amount of time to grow new habits, especially ones unto the Lord.

OPTIONAL: Take it a step further...

→ Within 40 days you will have the opportunity to complete 40 challenges. Your challenges will be attached to your daily scripture readings.

The challenges are created to help grow your faith while learning to act more like Christ. Most people read their verses for the day and then that is it. We are challenging you to bring your Scripture Readings to life with our 40 challenges.

Get the MOST OUT OF YOUR 1 MILE:

- 1.** Listen to a book from the Bible on the YouVersion Bible App, or spend time listening to your daily verses from Acts.
- 2.** Listen to a Christian podcast from your favorite Christian speakers.
→ Reach out through your Forty Forty Accountability Group if you're looking for recommendations from fellow challengers.
- 3.** Call a friend and talk about Christ with them and how He is working in your life and in theirs.
- 4.** Take time to pray.
- 5.** Listen to worship music.
- 6.** Reflect on His goodness throughout your life.



←Scan the QR code to visit our Resources page and discover more ways to make the most of every mile.

WHY ACTS?

We **highly** suggest downloading The Bible Project App to review the Book of Acts before reading through it.

→ The Book of Acts **tells** the story of how Jesus' followers, with the help of the Holy Spirit, began sharing the good news, first in Jerusalem and then throughout the world. This is how the church got started and began to grow.

→ Jesus **commissions** His followers and ascends to Heaven. At Pentecost, the Holy Spirit fills the disciples, launching the Church with bold preaching and thousands coming to faith.

→ Miracles, community, and teaching **lead** to rapid growth. Opposition from religious leaders results in persecution when Stephen was martyred for his faith, which scatters believers.

→ Persecution **pushes** the message outward. Philip preaches in Samaria, Saul who becomes Paul is dramatically converted, and Peter brings the gospel to Gentile believers like Cornelius.

→ Paul **travels** across the Roman world, planting churches and spreading the gospel. The Jerusalem Council confirms that Gentiles don't need to follow Jewish law to follow Jesus.

→ Paul is **arrested** in Jerusalem and eventually taken to Rome. Even under house arrest, he continues to preach, showing that nothing can stop advancing God's Kingdom.

While reading Acts contemplate the following:

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Acts 1:8 (NIV)

→ This verse is a powerful summary of the entire Book of Acts. Before returning to Heaven, Jesus gives His final instruction. He outlines the mission of the Church—to tell the world about Him, beginning in Jerusalem and spreading to Judea, Samaria, and the ends of the earth.

→ The Church is not a building; it's the people. That means you. Put yourself in the shoes of the disciples. Have you ever felt called to missions, whether close to home or far away? Every day brings opportunities to share the gospel—through a kind deed, praying for someone, or even wearing a shirt with a Cross or Bible verse on it.

→ As you journey through these 40 days, think about how you can be planting seeds of faith in others.

→ Write down 1-3 people in your life you can share the gospel with. This shouldn't be forced, but prayerfully done. Be encouraged—every believer is called to make disciples and be a witness for Christ. Even if you face pushback, keep praying and keep shining His light. If you've planted the seed, trust that God will water it and help it grow.

SALVATION:

THE MOST IMPORTANT DECISION YOU COULD MAKE ON THIS EARTH

- All of us have sinned and fallen short of God's standards. (Romans 3:23)
- Jesus, the Son of God, lived a sinless human life among us. (Hebrews 4:14-15)
- He paid the ultimate price for us when He died on the cross, delivering us from our sins and their consequences, defeating sin forever. (1 Corinthians 15:3-4)
- When we acknowledge this and give our life over to Him, we are saved and will live in eternity with Him. (1 Peter 2:24, John 3:16)
- No good works of ours, or anything else we do, can possibly put one of our countless sins away. The only thing that we can do, and the only thing God will accept, is to place our faith in Jesus, trusting Him to save us. (Ephesians 2:8-9)
- Salvation is God's free gift to us, but we must accept it. (Romans 10:9-10)

We can start the journey to life with Jesus by going through the following steps below:

- 1.** Admit that you are a sinner in need of a Savior.
- 2.** Believe that Jesus died for you and rose again, that He is the Son of God and Savior of all.
- 3.** Accept Jesus into your life as your Lord and Savior.
- 4.** Ask Jesus to forgive you of your sins.
- 5.** Commit to live the rest of your life for Him.

While these steps are important, they don't have to be perfect. The Lord knows your heart, and as you continue to pursue a life with Jesus, He will continue to shape and transform it.

→ Matthew 7:16-20

→ Galatians 5:22-23

- 6.** Get involved with other believers. We weren't meant to do this new life with Him alone.

STARTING YOUR NEW LIFE WITH JESUS!

A New Relationship

The first thing that happens when we give our lives to Christ is that God gives us a new relationship.

He is your loving, Heavenly Father, and you are His child, spiritually reborn into His family.

A New Family

We have now become a part of a new family, the family of God. You aren't just related to God; you are now related to other believers. Everyone who truly believes in Jesus Christ is now your spiritual brother or sister.

A New Purpose

When we come to Christ, God gives us a new purpose. Now we want to live for Christ and not just ourselves.

A New Power

When you accept Christ, the Holy Spirit comes to live within you. God has given us a new purpose – but without a new power, we'll never be able to achieve it.

Jesus promised,

"You will receive the power when the Holy Spirit comes on you" (Acts 1:8).

We weren't meant to live the Christian life on our own strength. God has provided His Spirit to help us.

A New Destiny

The word "conversion" means "change," and the most radical change of all when we come to Christ is that God gives us a new destiny. In the midst of life's problems and heartaches, never forget: This life is temporary. One day all our burdens will be cast aside, and we will be with Christ forever. Before us is a new destiny when we belong to Him.

A New Journey

Your decision to follow Christ isn't an end but a beginning – the beginning of a whole new life. We aren't only called to become Christians; we are also called to be Christians. The Christian life is a new journey that will take us the rest of our lives as we follow God's direction and guidance.

PRACTICING PRAYER

It is impossible to know someone if you don't spend time with them. Prayer is an opportunity to spend time with God. Here are some tips on how to get the most out of your prayer time.

1. Know to whom you are speaking.

* Prayer is our direct line of communication to God.

2. Thank Him.

* Praise opens the gates of Heaven and should always be part of our alone time with God.

* 1 Thessalonians 5:18 Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

→ Ephesians 5:20

→ Colossians 3:17

3. Ask for God's will.

* God's plan for those who love Him is good, and the safest place we can be is in the center of His divine will.

4. Say what you need.

* Never hesitate to ask God for what you need, your Father in Heaven delights to give you good gifts.



5. Ask for forgiveness of your sins.

* James 5:16 reminds us that we want our prayers to be heard, our hearts need to be right with God and with one another.

6. Pray with a friend.

* "For where two or three gather in my name, there am I with them."

Matthew 18:20 NIV

7. Pray the Word.

* When Jesus was tempted in the wilderness (Luke 4:1-12) He was the Son of God, but He did not use His divine authority. Instead, He used the authority of the Scriptures.

8. Memorize Scripture.

* Take a few minutes a day in the Word of God (reading through Acts over the next 40 days) and add strength and authority to your prayers.

CHECK OUT THE FORTY FORTY SCHOLARSHIP PROGRAM!

→ Every year, a portion of our proceeds go towards the Forty Forty Scholarship Program. This program was created to recognize those that love Jesus and are making a difference in the world today.

If you or someone you know might be interested in applying for our scholarship in 2026, please go to our website and go to our scholarship tab to see how to apply.

Check out our
top winners
from 2025!

Additional Winners:

Lauren P.
Miranda M.
Lindsey T.
Sarah P.
Mandy D.
Levi M.
Alayna B.
Dionna S.
Chad N.
Mary S.
Nolan P.
Brenda M.
Sonya E.
Chelsea E.
Nicole M.



CADEM B.

Freshman in College

"I will be attending Cedarville University in the fall, and I will be using the generous 40/40 scholarship to help pay my tuition. I am so grateful to God for small business owners like 40/40 who generously give to young believers on their faith journey. This scholarship was an answer to my prayer and a huge boost of encouragement to me! Thank you!"



CAMRYN B.

Freshman in College

"This scholarship will be so helpful for me and my academic journey as it eases some of the financial burdens off of my family as I pursue my dreams. I am so thankful for God allowing me to have this opportunity to better serve Him and truly shine His light throughout my college career. It is by His grace that I am here today. Thank you again for this amazing opportunity!"



AARON S.

Business Owner

"Because of this scholarship, I will be able to fully establish my business and eventually hire less fortunate individuals, providing them with an income. I will also be able to take on bigger projects to help support my family and strengthen my community. This scholarship from you has truly changed my life in so many ways, and I cannot wait to see what the Lord has in store for my business."



ELIANA W.

Freshman in College

"The Forty-Forty Scholarship is blessing my family and I as I go to college to study music performance and Spanish. I have a passion for the arts and using music as a means to worship God and point others to His beauty, and I am so excited to continue honing my skills in college. I additionally plan on studying Spanish so that I can serve underserved communities. This scholarship is giving me the means necessary to be able to continue studying my passions so that I can continue to serve the Lord through music and language!"



JUSTIN A.

Freshman in College

"This scholarship will help me pursue a degree in Pastoral Ministry by relieving the cost of college. Now I can focus more on school and ministry. This blessing is another confirmation for the big plans the Lord has for me including having a church and a mission organization that will reach the lost locally and globally."



ASHLIE C.

Physical Therapists Assistant School

"God asked me to take a leap of faith over a year ago to leave my well paid career. Little did I know the journey He would be taking me on included trusting Him with my finances as I embark on schooling to open up a new career. He's thrown me some financial curveballs but He told me to trust Him. This scholarship is a huge blessing!"



AVERY C.

Freshman in College

"Words are unable to describe the gratitude that I have towards this scholarship! This blessing will help me pursue the path that God is calling me to be on and make a difference in the world as I strive to be a nurse."



SAVANNAH W.

Sophomore in College

"Receiving this scholarship is an incredible blessing and answered prayer, allowing me to continue my education at a Christian university. Preparing for a career in physical therapy, this support helps me live out my calling to serve others and reflect the love of Christ. This scholarship is an incredible reminder of God's faithfulness amidst uncertainty, and a testament to the generosity and obedience of the body of Christ."

40 DAYS / 40 MILES

40 DAYS OF SCRIPTURE AND
* OPTIONAL CHALLENGES

Day 1

Read Acts 1:1-26

* CHALLENGE: Come up with your own goal and purpose for doing The Forty Forty Challenge in 2026.

Day 2

Read Acts 2:1-41

* CHALLENGE: Print off the Forty Forty Challenge Journal found via PDF in your confirmation email or accountability group. Use it to track your goals, prayers, and thoughts throughout the 40 days. If you purchased the printed journal from us, use that instead.

Day 3

Read Acts 2:42-47 and 3:1-26

* CHALLENGE: Give God the first 15 minutes of your day, before anything else. Try to do this every day for the rest of the challenge.

Day 4

Read Acts 4:1-22

* CHALLENGE: Memorize this verse throughout the rest of the challenge: Acts 4:12 (tips will be posted in your accountability group).

Day 5

Read Acts 4:23-37

* CHALLENGE: Start a prayer list and pray for these people on a daily basis. Continue to add to this list throughout the rest of the challenge.

Day 6

Read Acts 5:1-16

* 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 7

Read Acts 5:17-42

* CHALLENGE: Go to the Bible Project and watch the videos they have on Acts. (We will post links in the group.)

Day 8

Read Acts 6:1-15

* CHALLENGE: Take a quick self check: How is your time with God going lately? What's helped? What's been missing? Don't judge yourself. Just be honest, and ask Him to refresh your relationship.

Day 9

Read Acts 7:1-29

* CHALLENGE: Write down 3 things that distract you from God. Ask Him to help you surrender them.

Day 10

Read Acts 7:30-53

* CHALLENGE: Fast from something small today such as sugar, social media, or TV, and use that time to pray.

Day 11

Read Acts 7:54-60 and 8:1-25

* CHALLENGE: Unfollow or mute 5+ social accounts that distract you from Jesus.

Day 12

Read Acts 8:26-40

* CHALLENGE: Do your walk at sunrise or sunset. Thank God for His creation.

Day 13

Read Acts 9:1-19

* CHALLENGE: Write down your "Damascus moment—how has God redirected your life? If you haven't had a big turning point, write down a time God gently redirected your steps.

Day 14

Read Acts 9:20-43

* CHALLENGE: What habit or addiction is holding you back from following Jesus fully? Write it down and ask God to redeem it. Take one small step today toward freedom in Him.

Day 15

Read Acts 10:1-23

* CHALLENGE: Set alarms at 9am, 12pm, 3pm, and 6pm to stop and pray for 1 minute each.

Day 16

Read Acts 10:24-48

* CHALLENGE: Write a letter to someone who hurt you. Don't send it—just release the pain in prayer.

Day 17

Read Acts 11:1-30

* CHALLENGE: Add a 20-minute workout to your mile today. Share with others what you did to give them ideas on different workouts.

Day 18

Read Acts 12:1-25

* CHALLENGE: Create a healthy meal plan for the next week. Share your favorite healthy meal for others to see in the group.

Day 19

Read Acts 13:1-20

* CHALLENGE: Call or message a family member or friend and tell them how much they mean to you and how much Jesus loves them.

Day 20

Read Acts 13:21-52

* CHALLENGE: Invite someone on a walk and talk about faith or life.

Day 21

Read Acts 14:1-28

* CHALLENGE: Compliment someone today. Make it meaningful and not based on appearance.

Day 22

Read Acts 15:1-23

* CHALLENGE: Bring a friend a meal or coffee just to bless them.

Day 23

Read Acts 15:24-41

* CHALLENGE: Get connected. Research small groups at your church and see if there are any that might interest you. If you are already in a small group, reach out to someone who could be of interest in joining your group. Join one that fits the season of life you're in.

Day 24

Read Acts 16:1-15

* CHALLENGE: Reach out to someone you've lost touch with. Reconnect and encourage them.

Day 25

Read Acts 16:16-40

* CHALLENGE: Ask someone how you can pray for them. If you can, do it on the spot. If you're not seeing anyone today, check in with the Facebook group.

Day 26

Read Acts 17:1-34

* CHALLENGE: Today, sit in absolute silence for 10 minutes. Ask God to speak and journal your thoughts.

Day 27

Read Acts 18:1-28

* CHALLENGE: Invite someone to take a faith step, whether it's church, a conversation, or next year's challenge.

Day 28

Read Acts 19:1-22

* CHALLENGE: Do something bold today in Jesus' name—even if it's uncomfortable.

Day 29

Read Acts 19:23-41

* CHALLENGE: Watch one episode of **The Chosen** and journal how Jesus speaks to you through it.

Day 30

Read Acts 20:1-38

* CHALLENGE: Share your favorite Bible verse in the group and why it matters to you.

Day 31

Read Acts 21:1-26

* CHALLENGE: Sign up to volunteer locally. This can be at a shelter, food pantry, or through your church.

Day 32

Read Acts 21:27-40

* CHALLENGE: Read today's Scripture out loud with a spouse, child, or friend.

Day 33

Read Acts 22:1-30

* CHALLENGE: Acts 1:8 reminds us we're called to be His witnesses. The challenge doesn't end at Day 40—it launches you into Day 41 and beyond. Reflect on what habits you'll carry forward and share your next steps in the group.

Day 34

Read Acts 23:1-35

* CHALLENGE: Self Care. Do something for yourself today that helps fill your cup. If we're feeling depleted, how can we show the love of Christ to others?

Day 35

Read Acts 24:1-27

* CHALLENGE: Choose the next Book of the Bible you will read after Acts or check out the other Books of the Bible Challenges we offer.

Day 36

Read Acts 25:1-27

* CHALLENGE: Pick a worship song and pray through the lyrics. Share your song with the group.

Day 37

Read Acts 26:1-32

* CHALLENGE: Write out your testimony and share it privately or publicly. Reflect on who you were before Jesus, how you came to know Him, and how He's changed your life.

Day 38

Read Acts 27:1-32

* CHALLENGE: Celebrate His faithfulness—write down 5 times God has shown up during this challenge.

Day 39

Read Acts 28:1-16

* CHALLENGE: Encourage one another. You're almost at the finish line! Post something uplifting to help the group finish strong.

Day 40

Read Acts 28:17-31

* 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. Post a picture to the group of you wearing your earned medal!

**Forty
forty**

DAY 41

ONCE YOUR FORTY FORTY CHALLENGE IS COMPLETED...

* Keep growing your relationship with Christ and finding new ways to do so.

→ Check out additional Bible Challenges on our website, along with resources that we suggest to get the most out of this challenge.

* Keep checking our website and social media platforms and stay informed on when you can sign up again next year!

* FortyFortyChallenge.com

* [@FortyFortyChallenge](https://twitter.com/FortyFortyChallenge)

Scan the QR
code to visit
our Resources
page →





HI FRIENDS!

My name is Rachel and my husband's name is Andrew. We are SO blessed with our precious little ones that keep us on our toes. Seeing The Forty Forty Challenge grow has been such an answer to prayer. Andrew and I prayed to have a business full of purpose, one that is fulfilling to His Kingdom. God has given us just that through this challenge. The lives that have been changed, the stories that have been told throughout this challenge have been a huge blessing to us and to so many others. God truly is at work through this challenge and people's lives are being changed for GOOD! Praise Jesus!

Forty Forty incorporates two things we think people should not live without pursuing: Jesus + being healthy. We know from experience how hard it can be to make Jesus and working out a priority on a daily basis when the busyness of life gets in the way. We hope this 40-day challenge creates new healthy habits of getting in His Word daily and working out daily. We pray that Forty Forty pushes you to a whole new level in your faith journey and can't wait to follow along and see how Jesus grows each and every one of you! Let's make Him known by creating Jesus Habits! Thank you for supporting our small business and helping us reach more and more people each year!

In Him, Rachel & Andrew

A Note, to YOU!

We're praying that the Lord blesses you in big ways throughout this challenge. That habits honoring Jesus would grow both physically and mentally, and that the enemy's lies and strongholds would be broken. Jesus is more than enough for us. He's where real joy and peace are found.

Forty Days.

Forty miles.

Forty + ways to grow closer to Christ ♡

In Him,

Rachel + Andrew

Acts 20:24