



# SPRING clean challenge



## EPHESIANS 5:1

### Therefore be imitators of God

4<sup>TH</sup> MARCH

#### LUKE 5:11



What may you be giving your time to that is keeping you from developing your relationship with God?

FEET

11<sup>TH</sup> MARCH

#### EPHESIANS 4:29



Are your words building people up? Are you engaging in gossip? Are your words true, kind and necessary?

MOUTH

18<sup>TH</sup> MARCH

#### 1 SAMUEL 3:10



Is the music you are listening to good for you? Are you actively listening to God?

EARS

25<sup>TH</sup> MARCH

#### PSALM 101:3



Are you guarding your eyes? Are the TV shows, video games or internet content you are watching good for you?

EYES

1<sup>ST</sup> APRIL

#### PHILIPPIANS 4:8



Have you allowed negative thoughts to creep into your mind? What scripture can you learn to defeat them?

MIND

8<sup>TH</sup> APRIL

#### 1 CORINTHIANS 11:1



Are your actions in line with Jesus' example? How are you serving others? Are you looking for ways to serve?

HANDS

15<sup>TH</sup> APRIL

#### COLOSSIANS 3:13



Is there unforgiveness in your heart? Are you holding onto past hurts? Do you need to seek forgiveness from others?

HEART