

Steps to Success

1. Identify 4-5 friends from work, family or your list of acquaintances
2. Pick a leader for the group
3. Create a "Group Me" account.
4. Instruct that lead contact person to gather all email addresses and phone numbers of each person in your group.
5. Confirm challenges by having each person specify their personal challenge either in an email or on your "Group Me" account. Make this simple for participants by giving them examples. Here are some examples: Stay off Facebook for 2 weeks, eliminate sugar from my diet completely, stop drinking soda for 1 month, cut carbs out of my diet for 8 weeks, go to the gym once a week, deliver food to a senior twice a week, add 3 vegetables to my meal each week, etc.
6. Once the leader has all of the contact information for each participant, that person will pick a day and forward an email to give direction on a start date and the expectations for each member of the group.

Here is an example of what you can send: We will start our 90 Day challenge this Friday (include date and time) and we are asking for your confirmed participation by noon today. Once we start please send confirmation on your challenge and make sure, each day by noon and give details on how successful you are meeting your challenge. Instruct everyone in the group, during the challenge to send out words of encouragement, videos, Bible verses and even schedule times along the way, to get together and celebrate milestones. You will in essence become each other's cheerleaders and commit to being there for each other, from start to finish.

Additional leader responsibilities

1. The leader has an important role. You are responsible for encouraging full participation and sending out reminders to keep everyone engaged.
2. As leader this is an example of email you can send to get the process started...

Thank you for accepting this 90-day challenge. We are here to encourage and challenge each other to make some needed changes in our lives. Each weekly update should only take 1-2 minutes of your valuable time. Your willingness to start the process says you're ready to see a change in your life. We will be there to celebrate your successes and encourage you when the road starts to get a little rough. As we near the end of our journey together, we will also be there to cross the finish line! If you stay the course we know beyond a shadow of a doubt this will be a defining moment in your life.

3. As leader your messages will instruct participants to continue sharing details with each other, about their struggles, successes, revelations, joys and tears, during those 90 days.
4. As leader you will also send reminders to the group to pray for and with each participants as they meet challenges along the way.
5. As leader you will also make sure the group decides on an end date for the challenge. Make that announcement at the beginning so participants don't become discouraged.

6. As leader your responsibility will also include coordinating a date and time for a fun outing or activity to celebrate the conclusion of your 90 Day Challenge.

7. As leader this is an example Of How To Bring The 90 Day Challenge, To A Close. A few days before the end of your groups challenge as leader send the following message:

On *April 1st* we will celebrate our victory with a special outing that will be held at a *surprise* location(rent a limo to keep the surprise a secret). You won't believe where we are going. It will be worth the sacrifice. Thank you in advance for your commitment to this process and may God bless you as you set examples that will be a blessing to the lives of others you touch with His love, along the way!

CONSIDER THE FOLLOWING:

Christ + you stepping out by faith and embracing this challenge= success.

Remember..."With God all things are possible" and because of Him working through you you during this challenge, you cannot fail.

Matthew 19:26—And Jesus looking upon them said," with men this is impossible; but with God **all things** are possible".

Remember...God's "Peace" is not the absence of struggles and conflict in your life but rather the presence of Christ in the struggle.

Finally...John 14:27 says: 27 "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

FULLY COMMIT

This means that although:

You will be **tempted to quit**

You may grow **weary**

You may get **tired**

You may get **distracted**

You may get **discouraged**

You may get **busy**

You may feel **overwhelmed**

You may decide you **don't want** to do it anymore

God has given us ***each other*** to stand in the gap for each other, be accessible to each other, encourage and hold each other accountable while reminding each other to DON'T GIVE UP!!!!