

Day 8

Congrats, you have committed to and completed the first half of the challenge! I'm sure some of you are sore. Listen to your body, and use today to rest and recover. Also communicate with your accountability partners and cheer each other on!

As we start and strong finish week 2, again you must plan and prepare for your success. The first step is to remind yourself of your "WHY" before we head into Week 2..."What was your WHY?" Remember the real reason you're wanting to live a healthy life, get closer to God, see

you could do it, create your new body, or whatever YOUR WHY is??

Listen to "Order my Steps" - Yolanda Adams and "Use me-Motor City Mass Choir (youtube)." Follow up by reading Proverbs 3:5-6, Proverbs 16:9, and Proverbs 22:6.

Day 9

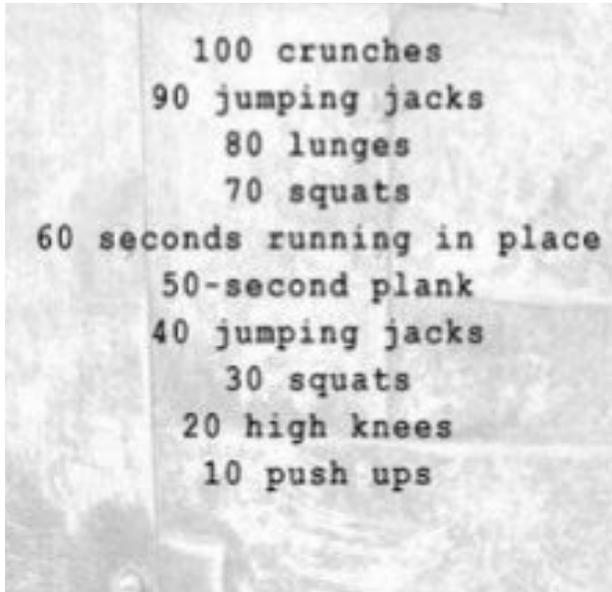


Photo credit: based on pinterest "drop ten plan"

Get your gospel work out on, here are some songs to get you going!

Mad or nah-Echelon Knoxxx, Work it out- Tye Tribbet, Get up-Mary Mary, Until I pass out- Uncle Reese, Revolution-Kirk Franklin, Holy Ghost party- Echelon knoxx, Chasing after you-Vashawn Mitchelle, If he did it before- Tye Tribbet, The Lord is blessing me-Bishop Larry Trotter.....just a few personal faves of the health ministry :), what about yours? #MADorNAH #PGT

There is much work to be done as we all prepare for the soon coming of Christ. We work to get money, good grades, ahead, live...Read Philippians 2:7-8, Read 1 Peter 4:10, Colossians

3:23,24. Take some time and do some work for kingdom building. Don't know what your "gifts" are? Just ask the one who made you to reveal them to and see where He takes you.

Day 10

"Taste the Rainbow"

Today's challenge is a colorful one! We want you to taste the rainbow by trying foods of all colors. No meat today. Remember R.O.Y G BV (red, orange, yellow, green, blue, and violet) from middle school? Add these to



your plate and snacks today and don't forget the water!

Read Genesis 9:8-16 and Jeremiah 29:11. God keeps His promises, do you? Today's challenge is to stay true; to God, to self, to what you say, to what you do, to your personal values, and to your dreams. Almost there....! #TrueTues #MADorNAH #PGT

Photo Credit:

<https://lyndeybrock.wordpress.com/author/lyndeybrock/page/3/>

Day 11

Dont quit.

When things go wrong, as they sometimes will,

When the road you're trudging seems all uphill,

When funds are low and the debts are high,

And you want to smile but you have to sigh,

When care is pressing you down a bit,

Rest if you must, but don't you quit.

Life is queer with its twists and turns,

As every one of us sometimes learns,

And many a failure turns about,

When he might have won if he'd stuck it out.

Don't give up, though the pace seems slow -

You may succeed with another blow.

Often the goal is nearer than

It seems to a faint and faltering man;

Often the struggler has given up

When he might have captured the victor's cup,

And he learned too late, when the night slipped down,

How close he was to the golden crown.

Success is failure turned inside out -

The silver tint of the clouds of doubt,
And you never can tell how close you are -
It may be near when it seems afar;
So stick to the fight when you're hardest hit -
It's when things seem worst that you mustn't quit.

-multiple authors noted

***Just a little motivation to
get you through.***

Okay let's get to it!!!!



Photo Credit:

<https://www.pinterest.com/PokerMN/mr-shut-up-and-train/>

Read Acts 20:24, Galatians 6:9, and Hebrews 12:1. Many believe the race is not given to the fastest or first to finish but the one who makes it to the end. In your prayer focus ask the Lord to reveal your path. But the challenge is are you willing to run the course?

Day 12

#GoGreen today! Enjoy one green item with or for every meal and snack today (4-6 small meals/ day). We are working on those arms today. If you have a set of weights dust them off for today's challenge and if not grab some can goods off the shelf and lets do it. If your arms are weight enough, feel free to use no weights.

Running, Jogging, or Walking. 1 set, 5-10 minutes.

- 10 pushups
- 24 bicep burners (8 full bicep curls, 8 curls half way up, 8 full bicep curls)
- 15 shoulder presses
- 10 pushups
- 15 tricep dips
- 15 back rows
- 15 lateral raises
- 10 pushups
- 15 tricep kickbacks with 20 tricep pulse backs

Photo credit:

<http://www.masterdietadvice.com/arm-workouts-for-women-without-weights/>

Green is the color of envy, also known as jealousy or "haterism". Today's challenge is to focus on your "grass" and praise your neighbors for their apparent lawn maintenance

while not comparing the two. Read John 13:34, Philippians 2:3-4, and Proverbs 10:12.

Day 13



Don't let the sunset creep up on you there are more than enough hours in the day to work it (break it up; morning, noon, and night)! Read Luke 21:36, Matt 24:44, and Hebrews 11:7.

The co inventor of the telephone once said that, "preparation is the key to success," one of the founding fathers of the U.S said that, "by failing to prepare, you are preparing to fail, and your heavenly father says....? Are you ready for Jesus to show up? If not what can we do to prepare ourselves for this glorious day? For your Sabbath reading pleasure read or review Matt 25:1-46.

Day 14

Read Galatians 5:22-23, Romans 13:10, Ecclesiastes 12:13, and Exodus 20:1-17.

Rest, rest, rest, rest, rest, rest, rest!. But after the sun sets; go bowling, take a hike, go kayaking, get your Holy Ghost step on! Whatever you do have fun and be active! Give up some praise today.....YOU have just completed your first

Praise God and Train Challenge, how does it feel? #PGT
#MADorNAH

We would love to see and hear from
you!!!! Join us as we all gather to
review and celebrate our journey and
our youth on Sunday April 8th at
Skateland USA from 1-4pm

 Skateland Putty Hill
8019 Belair Rd, Nottingham, MD 21236



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Sabbath School: 9:15 am Worship Service: 11:00 am