



# Mind Body Soul Challenge

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*(Set Three 3-Month Goals then reevaluate.)*

1. Mind: How can you honor God with your mind, what you think, time, priorities?
2. Body: How can you honor God with your body?
3. Soul: How can you honor God with your soul?

## Mind

- 1.
- 2.
- 3.

## Body

- 1.
- 2.
- 3.

## Soul

- 1.
- 2.
- 3.

"Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.'" Matthew 22.37