

77-STRONG



**BreakDown Build-Up
BreakThrough**

77-Day Spiritual Strength Challenge

What is this?

So much of our life is saturated on self-improvement with a focus on physical health. I definitely am a fan and love to take on a new challenge to better myself, become tougher, and if an ab decides to show up, all the better.

But what about the spiritual?

Why are we not focusing on what can change our hearts, minds, and souls from a spiritual perspective? If we have the spiritual side thriving coupled with the physical side, the mental, emotional and relational will naturally follow suit, right?

That's where 77-Strong comes into play. 77-Strong will challenge you like never before and take you on a 77-day spiritual journey to redirect your mind and prepare you for breakthroughs as you seek to become strengthened in Christ.

This isn't a legalistic checklist, rather a path filled with spiritual disciplines, coupled with physical routines and accountability to help your spiritual walk. This will strengthen your mindset and give you Christ's perseverance on the ups and downs of life we all face.

You will leave armed with a deeper dependence on Christ with new priorities, habits, and a life led by the Spirit. This quest is not for the faint of heart but will prepare you for new adventures as you uncover your newfound strength and purpose in Jesus.

Are you willing to give 77 days to see breakthroughs??

Why 77 days?

We have a few reasons. First the #77 is Biblical and referenced a couple times in Scripture most notably in Matthew 18:21-22 when Jesus told Peter to forgive 77 times showcasing Jesus's view on unlimited forgiveness.

But I like looking at 77 as the #7 twice. The #7 represents completeness so 77 represents amplified completeness. Back to reference Jesus talking to Peter, the #77 represented grace multiplied. I all know that we need multiplied grace and amplified completeness aka fulfillment.

Most importantly we want you to establish new habits and disciplines that will become your new way of life. We've all heard that it takes 21 days to establish a habit, but research says it could take up to 66 days to establish or break a habit. I know for me; it took about 48 days before my sugar cravings subsided and approx. 70 days when I stopped drinking a few years ago.

The goal here is to tackle this in 7-day rhythms and establish new routines of spiritual and physical disciplines.

You will need to get a partner to do this with or you will fail like you did the first time I attempted this program. Accountability is key and vital to go on this journey.

Don't start without a buddy or your spouse!

Core Components

- Daily Unhurried Time with the Lord (Daily devotional provided)
- Exercise (30 min/day)
- No Alcohol, Fast Food, or Desserts
- Progress Post with Daily Gratitude & Prayer
- Observe Sabbath once/week (Explanation below)

Ground Rules

- You can't do this alone (you will fail like I did the first time) - Grab a friend or your spouse
- You must post your gratitude statements (3) and prayer daily along with the day you are on the Facebook Group (see below)
- If you mess up, you start back at day 1

Other

- There will be micro challenges throughout the 77 days that just add to the program and keep it fresh

Unhurried Time with the Lord (daily)

Meet with the Lord each morning from a combination of things:

- Daily Devotional (provided)
- Bible Reading and Reflection
- Prayer (Active and Listening)
- Meditation (I like John Eldridge's "Pause" App)
- Worship
- Should work up to 30 minutes naturally

Pick a place and a time and don't deviate. Not all mornings will be mountain moving experiences, but this should become your strongest muscle and time of the day.

Reading Plan included (or do your own)

Exercise 30 min/day

- Daily Movement is Key
 - Lift Weights
 - Walk/Run/HIIT
- Massive for mental health and stress relief
- Your body is a temple!

No Alcohol, Fast Food, or Desserts

Hopefully you are already dialed in here, but this can be difficult.

- Alcohol
 - The Goal is to clear your mind and hear from the Lord
 - Be Sober-Minded / Experience Clarity
- Fast Food - Self Explanatory
- Sugar - Experts say more addictive than cocaine
 - Remove Desserts
 - Eat Fruit
 - Watch out for Added Sugar in foods
 - Enroll your wife/kids for support

Daily Gratitude (3)/Prayer Post (1)

We have so much to be grateful for and we often don't think about it. Gratitude helps accomplish the following:

- Increases happiness and contentment while decreasing depression
- Aligns your heart with God's goodness
- Boosts immunity, improves sleep, and lower blood pressure
- Enhances empathy, encourages kindness

List 3 things you are grateful for and 1 thing or person you are praying for. Post this to the community wall daily.

Observe Sabbath

Sabbath is a gift from the Lord.

- Take a 24-hour break from ALL WORK
 - Doesn't have to be the same day each week
 - It can also be across two days (Example: 2pm on Saturday to 2pm on Sunday - full 24 hours)
- There are so many good resources on Sabbath - John Mark Comer's Teachings podcast has amazing resources.
- Goal is to STOP and be Intentional with your family

Your Breakthrough

Where do you need the Lord to show up and provide breakthrough?

- Is it in your Career?
- Marriage?
- In a Secret, Stronghold, or Addiction?
- Friendship?
- Finding your purpose or calling in Christ?
- Prodigal?

List Below:

1. x
2. x
3. x

Print and post this where you can see it daily.

Tracker

Print this

Day	1	2	3	4	5	6	7
Meet w/ the Lord							
Exercise - 30/min							
No Booze, Sugar, Fast Food							
Gratitude Post							
Sabbath							

Post 3 Gratitude Statements, 1 Prayer, and Progress to FB

Example:

Grateful for:

1. My Spouse
2. That my kids read the Bible
3. Air Conditioning

Praying for: My neighbors to know Jesus

Progress: Day 28 of 77

Day 1

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging... The Lord Almighty is with us; the God of Jacob is our fortress... He says, 'Be still, and know that I am God;'" —Psalm 46:1-3, 7, 10a

Raise your hand if you needed this reminder today. I've got both hands up.

When the world shakes through disasters, wars, corrupt leaders, or laws that violate truth we often react in one of three ways:

We panic and forget who is on the throne.

We grab for control and forget where our trust belongs.

We hide, hoping the storm passes.

But we are called to stand firm! Not in fear, but in faith. We are different.

We are stoic in the face of danger or discourse. We have the Creator of the universe before us, beside us and behind us. He is our fortress! A covering of protection. Our Rock. Vladimir Putin is a tiny fruit fly in the eyes of our great God! Let's get that in our minds today and never let that depart our thoughts.

Remember that you serve a great God. A God that calms raging seas, who conquers vast armies with a few Mighty Men, that gives sight to the blind, that raises the dead to life, that heals with His touch, that removes strongholds, and loves unconditionally.

We serve the Almighty God, our fortress and stronghold. He calms chaos, raises the dead, heals the broken, and commands armies.

So be still. He is with you. He is in control. There's no need to fear.

Exalt the King!

Read Romans 1

Day 2

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."—Joshua 1:9

Every time I hear this verse, my mind jumps to the kids' song and stays stuck in your head. But beyond the melody is a bold command: *Be strong. Be courageous. Do not fear.*

The God who spoke the stars into existence is calling you to walk in strength, not shrink in fear. And yet, fear is exactly where many of us live. The enemy loves to use it to paralyze us, to keep us from bold faith and public witness.

I've been there; turning down the worship music in my car when coworkers jumped in for a ride. It seems small, but it was fear. And fear, unchecked, becomes denial. Jesus reminds us, "Whoever disowns me before others, I will disown before my Father" (Matt. 10:33). That hits hard.

But here's the good news: You don't have to stay stuck. Nervousness is normal; it means you care. But fear? **That ends today!**

Strength and courage grow as your faith deepens. Boldness begins to spill from your lips. And when you trust His presence, you step into the adventure God's been waiting to take you on.

Today, let's obey this command. Be strong. Be courageous. Call on Christ.

And He will meet you.



Reminder - One Day at a Time - Read Romans 2