



# Calvary Christian Ministries Fast Form Activities

<b>Spiritual Activity</b>		<b>Food</b>	
Prayer meeting on time	100	Fruit/vegetable fast (fruits, veggies, water, herbal tea, oats, nuts)	300
Invite at least 5 others to bible class/church	200	Candy, soda, coffee chips, cakes, pie, sweetened drinks	-300
Give out 10 church cards per day	200	White sugar	-50
Study Sunday school devotional reading	50	Brown sugar	10
Visit/call sick	100	Pork	-500
Morning Glory Prayer Line	100	Fried food	-500
Daily prayer/devotion	100	1 tablespoon Apple Cider Vinegar & Raw Honey 2x/day	300
Witness to co-worker	200	Fast food/eating out	-500
Tithe time (volunteer at church)	300	Drink at least 4 bottles of water	100
<b>Entertainment</b>		<b>Time Management</b>	
TV > 2hours/day	-500	Late for work	-150
Computer/iPad/phone games	-300	Late to school	-150
<b>Social Media</b>		Late to church	-150
Facebook	-300	Late to bible class	-150
Twitter	-300	Late to Sunday school	-150
Personal cell phone use while driving	-500	<b>Bonus Points</b>	
<b>Physical Exercise</b>		Create a budget	300
Exercise 30 minutes - 1 hour daily	300	Create/review will	300
Lift weights	50	Review insurance	100
Daily nap	100	Share budget with family/friend	300
<b>Relational</b>		Schedule annual medical, dental, & eye appointments	900
Forgive others/do good to your enemy (card, meal, gift, etc.)	500	Oil change/tune-up	500
Call family & friends; tell them you love them	100	Plan a vacation	300
Ask forgiveness from others	500	Lost 10 lbs (Track weight and + points when 10 lbs is lost)	500
Mail cards/letters to family/friends	20	Pay someone's water bill	500
Call at least 2 church members and have non-church conversation	500		
<b>Financial</b>			
Save at least \$20/week	100		
Withholding tithes (10%)	-300		