



Any questions?

Please contact Pastor Heidi Punt at 704.636.5092 if you have any questions.



An extraordinary experience with God's Word!

Beginning When?

Union Evangelical Lutheran Church will begin the 90 Days Fitness Challenge for 2020 on June 30 and/or July 1.

Who Can Participate?

Everyone is invited to participate following the expectations provided in this brochure. A \$25 donation is appreciated.

Weekly Group Sessions

Group Sessions will be held every Tuesday at 6:30 p.m. and/or Wednesday at 10:00 am.

How Can I Participate?

By reviewing the brochure, meeting with Pastor Heidi, and filling out the Registration Form.



Union Evangelical Lutheran Church is a chartered member of the North American Lutheran Church.



90 DAYS SPIRITUAL FITNESS CHALLENGE 2020!

*Union Evangelical
Lutheran Church*

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Getting in Shape

Part of getting in shape means changing how you live, from what you feed your soul to how you schedule your time. But, what many people forget is that changing everything at once can be so overwhelming resulting in us reverting to old behavior!

Small Daily Changes

If you want to make small daily changes on the road to spiritual well-being, this 90 Days Challenge is for you! This isn't a physical weight loss program, but a Spiritual Conditioning Course, an extraordinary experience with God's Word! You will receive a daily reading plan, opportunity to connect with others on Facebook, have your Pastor be your coach and gather in weekly small group discussions.

We know you have the desire, but just need an approach.

What to Expect:

- Inspirational Lessons & Music will introduce each weekly session.
- Small Groups will gather for confidential, non-threatening discussion and learning.
- Get to know God better through His Holy Word, by reading the whole Bible (Chapter by Chapter, verse by verse).

Here's How to get going:

1. Prayerfully consider if this Spiritual Fitness Challenge is for you?
2. Visit with Pastor Heidi before registering.
3. Register by June 30, 2020.
4. Offer a \$25 donation, per person, *if possible* (or sponsor a participant).
5. Begin the challenge on Tuesday, June 30, at 6:30 p.m. and/or Wednesday, July 1, at 10:00 a.m.



Registration Form

90 Days Spiritual Fitness Challenge

An extraordinary experience with God's Word!

Name: _____

Phone: _____

Email: _____

Mailing Address: _____

Commitment: (please sign and date after reading the expectations, indicating your honest intent)

- I prayed about it.
- I will visit with my Pastor.
- I intend to commit to the 90 Days (missing no more than 4 Wednesdays).
- I will ask for help when needed.
- I understand that a \$25 donation would be appreciated but is not required.

Signature

Date