



ALL [IN]

ALL DAY. ALL MONTH. ALL YEAR.

SEND ME, I'LL GO

Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!' Isaiah 6:8 NIV

Imagine God is calling out—like a coach looking for someone to step up, a teacher needing a volunteer, or a friend needing backup. He asks, *“Who will go?”*

Isaiah heard that call and didn't hesitate. He didn't ask for all the details. He didn't wait for someone else to raise their hand. He just said, “Send me. I'll go.”

That's bold. That's brave. And that's the kind of faith God uses to change the world. God isn't looking for perfect people. He's looking for willing people—students who are ready to live differently, to serve others, to share hope, and to stand for truth even when it's hard.

Saying “Send me, I'll go” means:

- I'll show kindness when no one else is.
- I'll invite that friend to church.
- I'll stand up for what's right.
- I'll step into God's mission, even when it's uncomfortable.

What if God is waiting for your “yes”? Not just at church or on a mission trip—but at your lunch table, on your team, in your school, or in your group chat?

1. What's one place this week you feel like God might be calling you to “go”?
2. Why do you think it's hard sometimes to say, “Send me”?
3. What would change in your life if you lived every day with a “Send me” mindset?

CHALLENGE

This week, start each morning with a simple prayer:

“God, I'm willing. Send me.”

Then watch how He opens your eyes to where He wants to use you.

NO DAYS OFF

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:17 NIV

Some people treat following Jesus like a summer job—just for a season. Others treat it like a Sunday-only routine. But the call to live for Christ is every hour, every day.

There are *no days off* in living sent.

Paul says that whatever you do—school, sports, hanging with friends, scrolling your phone—do it like you're doing it for Jesus. That means faith doesn't get clocked in and out. It's not a switch you flip on at youth group and off the rest of the week.

Living sent is a lifestyle. It's:

- Choosing integrity when cheating is easy.
- Showing love when gossip feels better.
- Serving even when you're tired.
- Praying when no one else is.

This isn't about being perfect. It's about being *present*—for God to use you at all times.

1. Where in your life do you tend to “take a day off” from your faith?
2. What would it look like to live sent at school? At home? Online?
3. How can you remind yourself daily that you're on mission? Then watch how He opens your eyes to where He wants to use you.

CHALLENGE

Pick one “ordinary” moment this week—like a class, practice, or chore—and do it fully for God.

Watch how even the small things can become part of your mission.

SEND ME, I'LL GO

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.’ Ephesians 5:16-17 NIV

What if you only had 168 hours left this week to live on purpose?

Oh wait—you *do*.

Every hour matters. Not just the big moments. Not just Sundays or church camp or the highlights on your social feed. Every hour is a chance to live for something bigger than yourself.

Paul says to “make the most of every opportunity.” That means:

- A random hallway convo could change someone’s day.
- A kind DM might be the lifeline someone needed.
- A quiet prayer in between classes could shift your mindset.
- A decision to say “no” to sin now could shape who you’re becoming.

Time isn’t just ticking—it’s building.

And God wants to use every hour of your life for His glory.

1. How do you usually spend your “in-between” hours (before practice, after school, on your phone)?
2. What would it look like to live like every hour mattered?
3. What’s one way you can give God more of your time this week?

CHALLENGE

Track your time for 24 hours.

Then ask: “*Did I live like every hour mattered?*”

Find one place to shift from wasting time to using time for what really counts.

NO DAYS OFF

*So teach us to number our days that we may get a heart of wisdom.
Psalm 90:12 ESV*

Time is one of the most valuable things you’ve got. You can’t rewind it. You can’t make more of it. **But you can choose how to use it.**

The average week has 168 hours. What if you tracked how you spent yours? School, sleep, sports, screens... how much of it is honoring God?

Psalm 90 says to “number our days”—in other words, pay attention. Be intentional. Because when we’re wise with time, we grow in wisdom.

What would change if you gave God **just one hour a day**? No phone. No distractions. Just time to pray, journal, or reflect. Not because you have to, but because He’s worth it.

You honor God when you:

- Pause and listen.
- Reflect and pray.
- Give Him your best hours—not just your leftover minutes.

1. How do you usually spend your free time—and what do you think that says about your priorities?
2. What would be hard about giving God one uninterrupted hour each day?
3. What’s one practical way you can start honoring God with your time this week?

CHALLENGE

Track how you spend your time for 7 days. Pick one hour each day to disconnect from your phone and reconnect with God.

You might be surprised what He does when you give Him space.

SEND ME, I'LL GO

Luke 10:25-37

God works through people who are **willing to be interrupted**.

Jesus tells a story about a man who got beat up and left on the side of the road. A priest and a Levite—“religious” people—walked by and didn’t stop. Maybe they were in a hurry. Maybe they had important things to do. But a Samaritan? He stopped. He got interrupted.

He bandaged wounds. Gave up time. Spent his own money. Why? Because love **doesn’t happen on your schedule—it happens when you’re interruptible**.

God uses people who are willing to stop.

- To talk to someone who’s hurting.
- To help when it’s inconvenient.
- To notice what others ignore.

Living missionally doesn’t always mean going somewhere far away. Sometimes it means **being available** in the moment you didn’t plan for.

1. Why do you think it’s hard for people to stop and help when they’re interrupted?
2. What’s one time God may have wanted to use you, but you missed the moment?
3. How can you practice being more interruptible this week?

CHALLENGE

Every day this week, pray:

“God, interrupt my plans if it means I can love someone in Your name.”
Stay alert—you might just see a Good Samaritan moment waiting for you.

NO DAYS OFF

Again Jesus said, ‘Peace be with you!’ As the Father has sent me, I am sending you.
John 20:21 NIV

You’ve been sent—not just on mission trips, but **every hour of every day**.

When most people hear “missions,” they think of a trip. A passport. Maybe a week of serving somewhere far away.

But what if your real mission trip is your **everyday life**?

Jesus didn’t just send His disciples across the world—He sent them **into the world**. That means your school, your home, your team, your friend group. Every one of the 168 hours you have each week is a chance to live sent.

Being “sent” means:

- Every conversation matters.
- Every hallway can be a mission field.
- Every action can point someone to Jesus.

You don’t need a plane ticket to live on purpose. You just need **willingness** and **awareness**—because Jesus already sent you.

1. What’s the difference between going on a mission trip and living on mission?
2. What places in your normal week do you often overlook as a mission field?
3. How can you live like someone who’s sent—every hour, not just on special occasions?

CHALLENGE

Look at your weekly schedule—school, sports, work, home. Pick one spot each day and ask: *“How can I live sent here?”*
Write it down. Then go live it out.

SEND ME, I'LL GO

As he neared Damascus on his journey, suddenly a light from heaven flashed around him... Now get up and go into the city, and you will be told what you must do.”

James 2:17 NIV

It only takes a moment to be sent, and every second counts. Saul was just traveling—ordinary day, same old plan—when in one second, everything changed.

God showed up. — Saul got sent.

That's how fast it can happen.

One second of obedience. One decision to say “yes.” One moment of courage to speak up, show love, or follow God's prompting... and you're on mission.

We don't always get a warning. Most “God moments” don't come scheduled. But they come. And they matter.

God doesn't just work in the big chunks of time. He works in the **seconds**—those split moments when you choose to follow Him instead of following the crowd.

1. Have you ever had a moment where God clearly called you to do something?
2. Why do you think we sometimes miss those “God seconds”?
3. How can you train yourself to be ready in the moments that count?

CHALLENGE

This week, stay alert. Don't just look for the big mission moments—watch for the seconds that God might use to send you. A word. A prayer. A text. A decision. **Be ready. Every second counts.**

PAUSE.
REFLECT.
LISTEN.

WEEK TWO IS COMING.

LET'S GO ALL **[IN]**

168 PROOF

*“Faith by itself, if it is not accompanied by action, is dead”
James 2:17 NIV*

You say you’re a Christian? Show me in your hours.
You say you follow Jesus?
Cool.

Prove it—168 hours a week.

Not just on Sundays. Not just when people are watching. But in your texts, your choices, your TikToks, your playlists, your priorities. Faith isn’t just something you say—it’s something you live.

James straight up says faith without action is **dead**.

That means:

- You can say you believe, but if it doesn’t show in your hours, what good is it?
- You can post a verse, but how do you treat people?
- You can go to church, but what about your attitude on Monday?

This isn’t about earning salvation—it’s about **evidence**. Your time tells your story. So what’s your week saying about your walk?

1. What do you think it means to “live out” your faith for all 168 hours?
2. If someone looked at your screen time and schedule, would they see Jesus?
3. What’s one area of your weekly rhythm where your faith needs to show more?

CHALLENGE

Audit your 168. Look at your screen time, sleep, school, hobbies, and time with God. Ask honestly: *Where is there proof of my faith? Where is it missing?*
Then pick one hour a day this week to live with bold, visible faith.

WAKE. WORK. WITNESS.

*“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”
Matthew 5:16 (NIV)*

Your whole schedule can shout Jesus.

Most people separate their faith from their schedule.
Wake up. — Get through the day. — Repeat.

But Jesus didn’t die for just part of your life—He wants all of it.
Every hour, every habit, every hallway walk, every part-time job, every group chat... all of it can **witness**.

- When you wake: Start your day with prayer, not just a scroll.
- When you work: Give effort, respect, and excellence—even when no one else does.
- When you witness: Be bold, be kind, and don’t be silent about what matters.

People are watching—not to see if you’re perfect, but to see if you’re **real**. So let your schedule preach. Let your routine reflect Jesus.

1. Which part of your day do you find it hardest to live for Jesus—wake, work, or witness?
2. How can someone “shine” for Jesus without even using words?
3. What’s one small change to your daily routine that could make a big spiritual difference?

CHALLENGE

Pick one “ordinary” moment this week—like a class, practice, or chore
—and do it fully for God.
Watch how even the small things can become part of your mission.

168 PROOF

*“So whether you eat or drink or whatever you do,
do it all for the glory of God.”
1 Corinthians 10:31 (NIV)*

School, sports, drama—**every grind is a mission field.**

You don’t need a microphone or a stage to preach the gospel. Sometimes your platform is a classroom desk. A football field. A drama rehearsal. A late-night study session.

The grind is your mission field.

Every practice, project, test, and tryout is a chance to show who you belong to and what you’re about.

Paul says “whatever you do”—that means the boring stuff, the hard stuff, the every-day stuff. When you give it your best, when you treat people with respect, when you stay faithful in the small things—that’s **gospel living**.

Your teammates are watching. Your classmates notice. Your castmates feel it. When your grind looks different, so does your God.

1. What’s your current “grind”? Where are you spending most of your effort?
2. How can you glorify God in the things that feel repetitive or exhausting?
3. Who in your grind might be impacted if you started seeing it as your mission field?

CHALLENGE

This week, pick one grind—school, practice, rehearsal—and do it on *purpose*. Bring your best effort, best attitude, and invite God into the middle of it. Let your grind be your gospel.

WAKE. WORK. WITNESS.

*“So be careful how you live. Don’t live like fools, but like those who are wise.
Make the most of every opportunity in these evil days.”
Ephesians 5:15-16 (NLT)*

If you had 168 hours left—how would you live them?

Imagine this:

You’ve got **168 hours left**.

One week. No extras. No do-overs. Just time—and the choice of how to burn it.

What would you do?

Scroll less?

Speak more boldly?

Say what needs to be said?

Live with purpose instead of putting things off?

Paul tells us to make the most of every opportunity. That means your time is **fuel**—and how you burn it reveals what you care about.

You can waste your time or **witness with it**.

You can kill time or **build the Kingdom** with it.

Don’t wait for “someday.”

Live like your clock is already ticking—because it is.

1. If you truly had one week left, what would change about how you live?
2. What’s one area of your life where you know you’re wasting time?
3. What does “making the most of every opportunity” look like in your everyday routine?

CHALLENGE

Start a 168-hour countdown in your phone or journal. Treat this week like it’s your last 168. Every hour, ask:
Am I burning this for God or wasting it for me?

168 PROOF

*“Fan into flame the gift of God, which is in you...”
James 2:17 NIV*

Use your hours like a fire — **don’t waste a second.**

Fire doesn’t ask permission to change its surroundings—it **just burns**. Paul tells Timothy to fan into flame the gift God placed in him. Translation? Stoke the sparks of faith until they ignite everything you touch.

Your life holds 168 hours a week. They’re like logs on a fire:

- **Passion logs**—your talents, interests, dreams.
- **Opportunity logs**—conversations, classes, practice, downtime.
- **Obedience logs**—small daily choices to honor Jesus.

Left unused, logs stay cold. But when you feed the flame—prayer, Scripture, serving—your hours blaze with purpose. People notice warmth, light, even sparks spreading.

A burning life **doesn’t waste seconds** scrolling aimlessly or drifting through days. It sets every moment on mission, lighting up dark places with Christ’s presence.

1. What logs (talents, opportunities) are lying around in your life waiting to be lit?
2. What “dampens” your flame—distractions, fear, busyness—and how can you remove it?
3. How could your routine look different if you treated every hour like fuel for God’s fire?

CHALLENGE

Pick one “cold” hour in your daily schedule—maybe the ride to school, a study hall, or screen-time window. This week, ignite it: pray for friends, memorize Scripture, plan an act of service. Watch how a single burning hour can spread heat to the rest of your 168.

WAKE. WORK. WITNESS.

*“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”
Galatians 6:9 (NIV)*

Even when it’s hard. Even when I’m tired. **I’m still in.**

It’s easy to say “Send me” when the hype is high and the moment feels exciting. But what about when you’re exhausted? When things are messy? When no one claps, and no one notices?

That’s when real obedience speaks up and says: “**Send me anyway.**”

Jesus didn’t go to the cross because it was easy. He went because we needed Him, and He was all in—no matter the cost. Living sent means following Him even when:

- You’re emotionally drained.
- You feel overlooked.
- You doubt if you’re even making a difference.

Paul reminds us: Don’t quit. Don’t give up. Faithfulness isn’t about hype. It’s about consistency. God does powerful things through tired, willing people who keep saying **yes**.

1. What situations make you want to “check out” or stop saying “Send me”?
2. Why do you think God still calls us even when we feel weak or tired?
3. What’s one hard area this week where you can say, “Send me anyway”?

CHALLENGE

When you’re tempted to back out, pause and pray: “*God, I’m tired—but I’m still in. Send me anyway.*” Write that phrase somewhere you’ll see it daily this week. Let your willingness speak louder than your weariness.

168 PROOF

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”

1 Timothy 4:12 NIV

You’re not waiting to be used by God — *you’re being sent right now.*

A lot of students think, “One day, God will use me... when I’m older... when I’m better... when I’ve figured it out.”

But here’s the truth: **God doesn’t wait. He sends. Now.**

Paul told Timothy not to let his age be an excuse. Why?

Because **this is the time.**

Not someday. — Not later. — Not when it’s easier.

Right now, you can:

- Set the tone in your group chat.
- Lead in love on your team.
- Show courage in your classroom.
- Be bold about your faith at lunch.

If you’re breathing, you’re being called.

If you’re following Jesus, you’re already sent.

1. What’s holding you back from believing God can use you right now?
2. How can you set an example in your school, home, or friend group?
3. What’s one thing you’ll do this week that reflects living sent now, not later?

CHALLENGE

This week, anytime you feel like saying, “*Not yet*” or “*I’m not ready*,” replace it with: “**This is the time.**” Pray it. Speak it. Live it. Because God doesn’t need your future — He wants your now.

PAUSE.
REFLECT.
LISTEN.

WEEK THREE IS HERE
LET’S GO ALL **[IN]**

SEND ME, I'LL GO

"You will be my witnesses... in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

"Go home to your own people and tell them how much the Lord has done for you..."
Acts 1:8 & Mark 5:19

Your mission starts where you are—with your friends, family, team, or school.
You don't need to go across the world to be sent—you need to go across the room.

Sometimes we think "missions" means going far away.

But Jesus didn't say start at the ends of the earth—He said start in Jerusalem (your own backyard).

And when Jesus healed a man in Mark 5, He didn't tell him to go be a preacher. He told him to go home. Tell his story. Start with his people. **Start with his circle.**

You don't need a platform or passport—you need a willingness to live sent **right where you are:**

- That friend in class who's struggling.
- That sibling who needs encouragement.
- That teammate who's looking for direction.

God has placed you in your circle **on purpose**. The question is: Will you see it?

Name 3 people in your circle that God might be calling you to love, serve, or share Christ with this week. Write their names down. Pray for them. Be available to them.

1. Who's someone in your circle that you've overlooked as a mission field?
2. Why do you think it's sometimes harder to live sent with people closest to us?
3. What's one way you can be more intentional in your circle this week

CHALLENGE

Look at your 168 hours. Identify your most regular spaces—class, sports, lunch, home, group chats. **This week, go across the room.** Start the convo. Show the love. Step into the moment. Your circle is waiting.

NO DAYS OFF

"You are the light of the world... let your light shine before others, that they may see your good deeds and glorify your Father in heaven."
Matthew 5:14-16 NIV

The way you treat people can reflect the love and light of Jesus.

Jesus didn't say you might be a light—He said you **are** one. And the place your light often shines brightest? **Your relationships.**

Being a light isn't always about preaching—it's about how you love:

- A kind word when someone's having a bad day.
- Sitting with the person who's usually alone.
- Offering forgiveness—or having the humility to ask for it.

These aren't huge, flashy moves. They're small, real choices that show people who Jesus is. When you shine in your relationships, people don't just see you—they see **Him**.

This week, practice being a light in real, practical ways:

- **Encourage 3 different people** with a note, a text, or a small act of kindness.
- **Sit with someone new** at lunch, in class, or at church.
- **Forgive someone**, or ask someone for forgiveness.

These aren't just nice things—they're mission moves.

1. What does it look like to "be a light" in your relationships?
2. Why is forgiveness such a powerful way to reflect Jesus?
3. Which of the three challenges this week will stretch you the most—and why?

CHALLENGE

Start every morning this week by praying:
"Jesus, *help me be a light in someone's life today.*" Then keep your eyes open. He'll give you the moment—you just need to take it.

SEND ME, I'LL GO

"For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes..."

Romans 1:16 (NIV)

Boldness isn't about being loud—it's about being unashamed of what Jesus has done in your life.

Let's be real—talking about Jesus can feel awkward or even risky. What if they think I'm weird? What if I say the wrong thing? What if I get rejected?

But boldness isn't about having the perfect words—it's about having the **courage to speak** anyway. Paul said he wasn't ashamed of the gospel because he knew its power. And that same gospel lives in you.

You don't need to be a preacher. You don't need to have it all together.

You just need to share:

- What Jesus means to you.
- What He's done in your life.
- Why He's worth following.

When you speak, God moves.

This week, take bold steps:

- Write out your 30-second testimony**—who you were, how you met Jesus, and how He's changed you.
- Share what Jesus means to you** with at least one person.
- Invite someone to church**, youth group, or Bible study.

These aren't just spiritual "goals"—they're ways to put your faith in motion.

1. What makes it hard to speak the gospel boldly in your friend group or school?
2. How would you explain what Jesus has done in your life in 30 seconds?
3. Who is one person God might be prompting you to talk to or invite this week?

CHALLENGE

Before every bold step this week, pray:

"God, give me courage to speak and trust You with the outcome." Then go. Your story may be exactly what someone else is waiting to hear.

NO DAYS OFF

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another."

Hebrews 10:24-25 NIV

Faith wasn't meant to be lived alone—growth happens in community.

Some challenges are just better **together**.

When you follow Jesus with friends—when you pray, serve, and grow side-by-side—your faith gets stronger. You laugh more. You go deeper. You last longer.

Hebrews says to "*spur one another on*"—to challenge, encourage, and lift each other. That's what community does. You weren't meant to figure faith out alone. You were meant to walk it out with others.

This week, don't just go through the motions—**go through them with someone**.

- **Complete one challenge with a friend.** Pick any from the past week—serving, praying, sharing your faith—and do it together. Then talk about what it meant to you.
- **Share one thing God taught you this week**—on social media, in a private group chat, or just face-to-face with someone who needs it. Your growth can inspire someone else.

1. Who are the people that push you closer to Jesus?
2. What's the difference between doing faith alone vs. doing it in community?
3. What's one way you can encourage or challenge a friend in their faith this week?

CHALLENGE

Find one friend this week and say: "*Let's do this one together.*" Whether it's encouraging someone, inviting a friend, or praying with someone—**make it a team effort**. You'll grow deeper and stronger when you do it side-by-side.

SEND ME, I'LL GO

"Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'"
Isaiah 6:8 NIV

God moves through those who are willing, not just able.

You don't need to have all the answers.

You don't need to be the smartest, strongest, or most spiritual person in the room.

You just need to say: **"I'm available."**

When Isaiah heard God's call, he didn't reply with a résumé—he replied with readiness. God isn't looking for perfect people. He's looking for **present people**—students who will say:

- "Use me."
- "Send me."
- "I'm willing."

God can do more through someone who's **available** than someone who's talented but too busy, distracted, or afraid to move.

This week, ask God daily: *"Where do You want to use me today?"* Then keep your eyes open for unexpected opportunities—conversations, moments to help, or quiet nudges to act.

1. What keeps people from making themselves available to God?
2. Can you think of a time when you felt God wanted to use you, but you didn't respond?
3. What would it look like to start each day with an "I'm available" mindset?

CHALLENGE

Clear out one part of your schedule this week—even just 15 minutes—and say: *"God, this time is Yours."* Whether He prompts you to pray, reach out to someone, or just listen—make yourself available, and watch Him move.

NO DAYS OFF

"Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs."
Psalm 100:1-2

Worship isn't just music—it's a mindset of praise and presence.

Worship isn't about singing perfectly—it's about showing up fully. God doesn't need your voice to be great. He wants your **heart to be real**.

We live in a world full of noise and distractions. But when we turn our attention to God, something shifts.

- We remember who He is.
- We realign our hearts.
- We find peace in His presence.

Worship doesn't just happen on stage—it can happen in your notebook, in your room, even in your thoughts. Whether you're singing, writing, or praying, worship is your **personal response to a powerful God**.

This week, take two intentional steps to connect with God through worship:

- **Attend a worship service with full focus.** Put your phone away. Show up on purpose. Engage your heart—not just your hands or voice.
- **Create a personal act of worship.** Write a worship song, poem, or prayer that praises who God is and what He's done in your life. It doesn't have to rhyme or be perfect—it just has to be honest.

1. What distracts you most when trying to worship or focus on God?
2. Why is it important to reflect on who God is—not just what He gives?
3. What do you feel or experience when you truly worship with your heart?

CHALLENGE

Set aside time this week to **worship and reflect** with no distractions. Then write something from the heart—your own psalm of praise. Worship isn't just what you do—it's who you are when your heart is turned toward God.

SEND ME, I'LL GO

"Therefore go and make disciples of all nations... teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."
Matthew 28:19-20 NIV

From school to sports to screens—living sent in all spaces.

Jesus didn't say, "Go on a mission trip once a year." He said, "Go." That means **everywhere**, all the time—**school, sports, group chats, lunch tables, practice fields, and home.**

Living the Send Life means understanding that your whole life is your mission field. Every part of your schedule is sacred space where God can use you. It's not about adding more to your calendar—it's about **living with purpose** in what's already there.

You're not just a student, athlete, gamer, or friend.

You're **sent**—into all those spaces to shine, speak, love, and lead.

1. **Identify your three main spaces:** Where do you spend most of your time? (Ex: School, team, online)
2. **Write one sentence for each space** describing how you can live sent there. (Ex: At school, I'll encourage someone who's having a rough day.)
3. What's one step you can take this week to live sent in one of your "regular" places?

The Send Life doesn't wait. It lives sent everywhere, every hour.

CHALLENGE

Pick one space (school, sports, or screens). Each day this week, **ask God to send you into that space on purpose.** Then act on it—with your words, your love, your boldness.

PAUSE.
REFLECT.
LISTEN.

21 DAYS DOWN.
WEEK FOUR IS HERE
LET'S GO ALL **[IN]**

168 PROOF

*“Be wise in the way you act toward outsiders; make the most of every opportunity.”
Colossians 4:5 NIV*

The whole week is your mission field—every hour of your 168.

You’ve got 168 hours in a week. That’s 168 chances to live on mission. Not just Sunday. Not just when you feel spiritual. **Every hour matters.**

The mission isn’t just going somewhere—it’s **living sent everywhere.**

- At school: Your words and actions can show people Jesus.
- At home: Your attitude and respect can reflect your faith.
- On social media: Your posts and replies can point to what you believe.

Paul says to “make the most of every opportunity”—and most of those don’t come in big, flashy moments. They come in **ordinary hours** that become extraordinary when you live them on purpose.

- **Look at your schedule this week.** What spaces do you spend the most time in?
 - **Pick 3 key hours each day**—meals, classes, practice, screen time—and ask: “How can I live on mission here?”
 - **Write down** one way you’ll live sent in each of those time blocks.
1. Which part of your week do you usually forget is part of your mission?
 2. Why is it easy to separate faith from everyday life?
 3. What’s one practical way to turn your routine into a mission?

This is Mission 168.

CHALLENGE

Choose to live this entire week like every hour is part of God’s purpose.
Pray each morning: “*God, send me into my 168.*”
Then live like someone who’s been sent—not just saved.

WAKE. WORK. WITNESS.

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”
Romans 12:1 NIV.*

Connecting every part of your week to God’s mission.

What if every class you walked into, every conversation you had, every scroll, snack, or step—**was connected to God’s mission?**

It’s not just about what you do at church. It’s about what you do with your **168 hours each week.**

Romans 12:1 says your whole life—your schedule, your decisions, your routines—is meant to be an offering. That means:

- Going to practice can be worship.
- Encouraging a friend is part of your calling.
- Turning off distractions to pray is missional living.

God doesn’t just want your “God time”—He wants all your time, lived with purpose and passion.

- A. Track your 168.** Look at how you spend a normal week.
- B. Identify 3 areas** (school, home, hobbies) where you can connect your time to God’s mission.
- C. Pray:** “God, help me live sent in everything I do this week.”

1. What part of your schedule feels “unspiritual”—but could actually become part of your mission?
2. How can ordinary activities become worship when done for God?
3. What’s one area of your life this week where you want to live more intentionally?

CHALLENGE

Pick one “normal” hour each day and reframe it as **sent time**. Whether it’s your ride to school, a class period, or chores—**connect it to God’s mission** by inviting Him in and asking, “*How can I use this for You?*”

168 PROOF

“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”
Luke 9:23 NIV

Total surrender. Every moment on mission.

Jesus never called His followers to be halfway in. He didn’t say, “Give me your Sundays” or “Follow me when it’s easy.” He said: “Take up your cross—daily.”

Obedience is daily. Hourly. Total. It’s giving your yes even when it’s inconvenient. It’s choosing God’s way in:

- Your thoughts
- Your habits
- Your free time
- Your friendships
- Your 168 hours

Going All In doesn’t mean being perfect—it means being available and obedient all week long.

- A. **Look at your daily schedule.** Where is it easy to obey? Where is it hard?
- B. **Surrender your whole week**—not just moments of it. Pray: “God, I give You all 168. Help me live obediently in every space.”
1. What area of your life do you find hardest to surrender to God?
 2. What’s one part of your schedule where you need to go all in this week?

CHALLENGE

Write the phrase “**All In – 168**” somewhere you’ll see it daily. Every time you see it, ask: Am I obeying God in this moment? If not—change it. If yes—keep going. **Because all 168 hours belong to Him.**

WAKE. WORK. WITNESS.

Again Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’”
John 20:21 NIV

It’s not a vibe—it’s a mission. You’re already deployed.

We talk about being “in the zone” or “locked in.” But for followers of Jesus, there’s something deeper: You’re in **Send Mode**.

That means:

- You’re not waiting for a sign—you are the sign.
- You’re not waiting to be chosen—you’ve already been sent.
- This isn’t a temporary mood—it’s a permanent mission.

When Jesus rose from the dead, He didn’t just offer peace—He gave purpose: “*As the Father sent Me, I’m sending you.*”

Not someday. — Not when it feels right. — **Now.**

- A. **Start each day in “Send Mode.”** Before you pick up your phone, pray: “Jesus, I know You’ve already sent me. Help me live like it today.”
- B. **Notice your environment.** Ask: “What would it look like to live sent in this moment?” Then do it.
1. Why do you think we often wait for “big moments” to live on mission?
 2. What changes when you realize you’re already deployed—not waiting to be?
 3. How can you keep your mindset in Send Mode throughout your normal week?

Send Mode isn’t a vibe. It’s who you are.

CHALLENGE

This week, stay in **Send Mode**—on the field, in the hallways, at home, and online. Create a reminder on your lock screen or notebook: “*I’m already sent.*” Then act like it.

168 PROOF

*"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."
Philippians 3:14 NIV*

Not halfway. Not part-time. I'm all in. Let's go.

"Full send" means no hesitation. No holding back. You're not dipping your toe in—you're diving all the way. That's the mindset of someone who's living 168 hours a week on mission. God didn't call you to be part-time in your faith. He's not looking for halfway followers. **He's calling you to a full-send life.**

That means:

- Obedience when it's hard.
- Courage when it's uncomfortable.
- Passion when no one's watching.

Commitment that lasts all 168 hours of the week—not just when it's convenient. Paul said *"I press on."* That's the Full Send Life—running after Jesus with **everything** you've got.

- Name one area** of your life where you've been halfway—and decide to go full send for Jesus this week.
 - Write out a bold declaration:** "I'm not halfway. I'm not part-time. I'm all in. Let's go." Read it out loud every day this week.
- What does "full send" look like in your relationship with Jesus?
 - What holds people back from going all in?
 - What's one change you can make this week to live like you're all in—168 strong?

CHALLENGE

Pick one moment every day this week where you'd normally coast—and go **full send** for God instead. Pray louder. Serve bigger. Love bolder. Because 168 hours of fire beats 1 hour of fake. **Let's go.**

WAKE. WORK. WITNESS.

*You are the light of the world... let your light shine before others..."
Matthew 5:14–16
As you sent me into the world, I have sent them into the world."
John 17:18*

What you do with your time reveals what you believe about your purpose.

When you throw a stone in the water, it makes ripples that go way beyond the point of impact. That's what happens when you live your **168 hours on mission**—your obedience **ripples beyond your schedule.**

Jesus said you are the light of the world. Not just for an hour on Sunday. **Your whole week matters.** Every hour is a chance to shine, serve, speak, and start a ripple that reaches way farther than you can see.

Living sent isn't just about this week—it's about launching a lifetime. One prayer. One conversation. One act of courage. A week of obedience can start a lifetime of change.

- Think beyond this week.** What if your 168 hours of living sent became someone else's starting point?
 - Write down one way you'll be intentional each day** this week to live on mission.
 - Invite someone** else to live their 168 on mission with you—start the ripple.
- Have you ever seen a small act of obedience lead to a big impact?
 - How does your use of time reflect what you really believe about your purpose?
 - Who could you invite to join you in living sent this week?

CHALLENGE

Live this next 168 hours like it's not just about you—because it's not. It's about your ripple. **Commit to live sent**—and invite one friend to do it with you. One week of obedience could echo into eternity.

168 PROOF

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

Romans 12:1 NIV

Following Jesus isn’t a shift you clock into when you feel like it. There’s no “on” and “off” switch for being a disciple. **You don’t clock in and out of being sent.**

That’s what All 168 is about.

God isn’t looking for part-time faith or half-hearted effort. Romans 12:1 calls us to be **living sacrifices**—completely surrendered, every hour of the week. That means: Your time belongs to Him.

Your energy, your words, your choices—they’re offerings.
Even your schedule can become worship.

If Jesus gave all of Himself for you, how can we give Him anything less than **all 168 hours**?

- A. **Audit your week.** Are there places where you’re “clocked out” spiritually—where Jesus gets ignored or pushed aside?
 - B. **Pick one blocked-off space** (like social media time, school focus, or lunch break) and surrender it fully to God this week.
 - C. **Pray daily:** “God, I give You all 168. Use every hour for Your glory.”
1. What does it practically look like to live as a “living sacrifice” in your daily life?
 2. Why do we sometimes treat faith like a job we clock into instead of a life we live?
 3. Which part of your schedule do you find hardest to surrender to God?

Write the phrase “**All 168**” somewhere you’ll see it every day this week. Let it remind you that every hour belongs to Him.

Don’t wait for a big moment—live sent in all the little ones.



All 168



CHALLENGE 168

CHALLENGE 168

CHALLENGE 168

MENTAL

“In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another.”

1 John 4:9-11 ESV

PHYSICAL

Only water to drink, no hot water, organize your space and declutter, no bread, walk 10,000 steps a day, when you wake up you get up (feet on the floor when eyes open), no spending.

SPIRITUAL

Day	Main Reading	Focus Theme	Cross References
Day 1	1 John 1:1-10	Walk in the Light	John 1:1-9; Psam 51:6; James 5:16
Day 2	1 John 2:1-29	Know Him, Show Him	John 14:15; Matthew 7:21-23; 2 Timothy 3:16-17
Day 3	1 John 3:1-24	Real Love Acts	John 13:34-35; James 2:14-17; Galatians 5:6
Day 4	1 John 4:1-21	Fearless Love	Romans 5:8; 2 Timothy 1:7; Matthew 5:43-48
Day 5	1 John 5:1-21	Victory by Faith	Romans 8:37-39; Ephesians 6:10-17; John 16:33
Day 6	Recap Readings: Key Tests of Faith	Test the Real	1 John 2:15-17; 3:10; 4:1-6; Matthew 7:15-20
Day 7	1 John 5:13 (core values) + journal summary	Real Life Begins Now	John 3:16; Romans 10:9-10; Philippians 1:6

DAY 1 – 1 JOHN 1: WALK IN THE LIGHT

Theme: Be real with God and others.

Main Idea: Real faith doesn't hide in darkness—it walks in truth and confession.

Key Verse: “*If we walk in the light...we have fellowship with one another.*”
1 John 1:7

Journal: Do I hide my sin or bring it into the light?

Challenge: Confess something you've been hiding—first to God, then to someone safe.

DAY 2 – 1 JOHN 2: KNOW HIM, SHOW HIM

Theme: Obedience proves relationship.

Main Idea: You can't say you know Jesus but ignore His words.

Key Verse: “*Whoever says he abides in him ought to walk in the same way....*” 1 John 2:6

Journal: Am I living like Jesus—or just liking Him?

Challenge: Pick one command of Jesus and live it out boldly today.

DAY 3 – 1 JOHN 3: REAL LOVE ACTS

Theme: Love is more than feelings—it's action.

Main Idea: God's love changes us, and we show it through how we treat others.

Key Verse: “*Let us not love in word or talk but in deed and in truth.*”
1 John 3:18

Journal: Who do I need to show love to—especially when it's hard?

Challenge: Do one selfless act of love today with no credit.

DAY 4 – 1 JOHN 4: FEARLESS LOVE

Theme: God's love drives out fear.

Main Idea: You are fully loved, and that changes how you love others.

Key Verse: “*Perfect love casts out fear....*” 1 John 4:18

Journal: What fears keep me from loving people or trusting God?

Challenge: Share your faith or testimony with someone today.

DAY 5 – 1 JOHN 5: VICTORY BY FAITH

Theme: Faith is your weapon, not just your word.

Main Idea: Believing in Jesus gives you strength to overcome.

Key Verse: “*Everyone born of God overcomes the world.*” 1 John 5:4

Journal: What's something hard I'm facing that God can help me overcome?

Challenge: Write down one battle you're giving to God. Pray for victory.

DAY 6 – 1 JOHN RECAP: TEST THE REAL

Theme: Don't settle for fake faith.

Main Idea: John gives “tests” of real faith: obedience, love, truth, and spirit.

Key Verses: 1 John 2:15–16; 3:10; 4:1

Journal: Is my faith more real on Sunday than it is on Snapchat?

Challenge: Evaluate your heart—where are you living for the world more than God?

DAY 7 – 1 JOHN RESPONSE: REAL LIFE BEGINS NOW

Theme: Live confident and sure.

Main Idea: You don't have to guess—you can know you have eternal life.

Key Verse: “*That you may know you have eternal life.*” 1 John 5:13

Journal: Am I confident in my salvation? What's holding me back from going all in?

Challenge: Write a short testimony of how 1 John challenged your faith this week.