

# Get in Shape

The 10-week challenge

---



Date: \_\_\_\_\_

Passage: \_\_\_\_\_

What does the passage say?

Why is it here?

What should I do?

How can I remember it?

Prayer Requests

# Get in Shape

The 10-week challenge

---



Date: \_\_\_\_\_

Passage: \_\_\_\_\_

What does the passage say?

Why is it here?


What should I do?

How can I remember it?

Prayer Requests

# Get in Shape

The 10-week challenge



## Week 1

1 Thessalonians 1  
1 Thessalonians 2:1-12  
1 Thessalonians 2:13-20  
1 Thessalonians 3  
1 Thessalonians 4:1-12

## Week 2

1 Thessalonians 4:13-18  
1 Thessalonians 5:1-11  
1 Thessalonians 5:12-28  
1 Corinthians 1:1-9  
1 Corinthians 1:10-17

## Week 3

1 Corinthians 1:18-25  
1 Corinthians 1:26-31  
1 Corinthians 2:1-5  
1 Corinthians 2:6-16  
1 Corinthians 3:1-9

## Week 4

1 Corinthians 3:10-15  
1 Corinthians 3:16-23  
1 Corinthians 4:1-5  
1 Corinthians 4:6-13  
1 Corinthians 4:14-21

## Week 5

1 Corinthians 5:1-8  
1 Corinthians 5:9-13  
1 Corinthians 6:1-11  
1 Corinthians 6:12-20  
1 Corinthians 7:1-7

## Week 6

1 Corinthians 7:8-16  
1 Corinthians 7:17-24  
1 Corinthians 7:25-35  
1 Corinthians 7:36-40  
1 Corinthians 8:1-6

# Get in Shape

The 10-week challenge



## Week 7

1 Corinthians 8:7-13  
1 Corinthians 9:1-18  
1 Corinthians 9:19-23  
1 Corinthians 9:24-27  
1 Corinthians 10:1-13

## Week 8

1 Corinthians 10:14-22  
1 Corinthians 10:23-33  
1 Corinthians 11:1-16  
1 Corinthians 11:17-34  
1 Corinthians 12:1-11

## Week 9

1 Corinthians 12:12-31  
1 Corinthians 13  
1 Corinthians 14:1-19  
1 Corinthians 14:20-33  
1 Corinthians 14:34-40

## Week 10

1 Corinthians 15:1-19  
1 Corinthians 15:20-34  
1 Corinthians 15:35-49  
1 Corinthians 15:50-58  
1 Corinthians 16