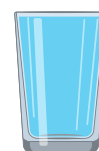


H2O Challenge

There's great spiritual significance to water. References appear in scripture more than 700 times! Water brings forth life, sustains and purifies. Though Christ promises to satisfy our thirst, we must stay hydrated so our bodies can do His work. Judges 15:19 says, "And God split open the hollow place that is at Lehi, and water came out from it. And when he drank, his spirit returned, and he revived."

The Challenge: Drink 2 liters of water per day (which is nearly 68 ounces). Think of it as drinking one ounce for every book in the Bible!



= 8 ounces

