



# UNLEASHED

Life with the Holy Spirit

## Holy Spirit 30-Day Challenge

### **Goal:**

Become more aware, responsive, and surrendered to the Holy Spirit daily.

## Week 1 — Awareness: Who He Is

*(Foundation: Relationship and Recognition)*

# Day 1

## Invite Him In

- John 14:16-17
- Prayer: "Holy Spirit, reveal Yourself to me."
- Reflection: Where have I ignored Him?





## Week 1 — Awareness: Who He Is

*(Foundation: Relationship and Recognition)*

# Day 2

## He Is God

- Acts 5:3-4
- Write down: 3 attributes of the Spirit seen in Scripture
- Reflection: Do I treat Him like a "force" or a Person?



## Week 1 — Awareness: Who He Is

*(Foundation: Relationship and Recognition)*

# Day 3

## God in You

- 1 Corinthians 3:16
- Take 3 moments today to pause and say: "You are here."
- Reflection: When did I sense His presence?



## Week 1 — Awareness: Who He Is

*(Foundation: Relationship and Recognition)*

### Day 4

## Conviction vs. Conscience

- John 16:8
- Ask: "Holy Spirit, show me anything out of alignment."
- Reflection: What did He lovingly reveal?





## Week 1 — Awareness: Who He Is

*(Foundation: Relationship and Recognition)*

# Day 5

## Order Out of Chaos

- Genesis 1:1-2
- Journal one area of chaos → pray "Hover over this."
- Reflection: What needs His order?



## Week 1 — Awareness: Who He Is

*(Foundation: Relationship and Recognition)*

# Day 6

## Empowered Witness

- Acts 1:8
- Share encouragement or prayer with someone
- Reflection: How did the Spirit help?



## Week 1 — Awareness: Who He Is

*(Foundation: Relationship and Recognition)*

# Day 7

## Sabbath Listening

- Psalm 46:10
- 10 minutes stillness: No agenda, just listening
- Reflection: What gentle nudge did I sense?

## Week 2 — Transformation: What He Produces

*(From self-effort to Spirit transformation)*

### Day 8

## Fruit, Not Force

- Galatians 5:22–23
- Circle one fruit to focus on today
- Reflection: How did He grow this in me?



## Week 2 — Transformation: What He Produces

*(From self-effort to Spirit transformation)*

### Day 9

## Freedom from the Flesh

- Galatians 5:16–17
- Identify one temptation → surrender it in prayer
- Reflection: Where did I see victory?



## Week 2 — Transformation: What He Produces

*(From self-effort to Spirit transformation)*

# Day 10

## Scripture and Spirit

- John 14:26
- Memorize one verse He highlights to you today
- Reflection: How did He use it?





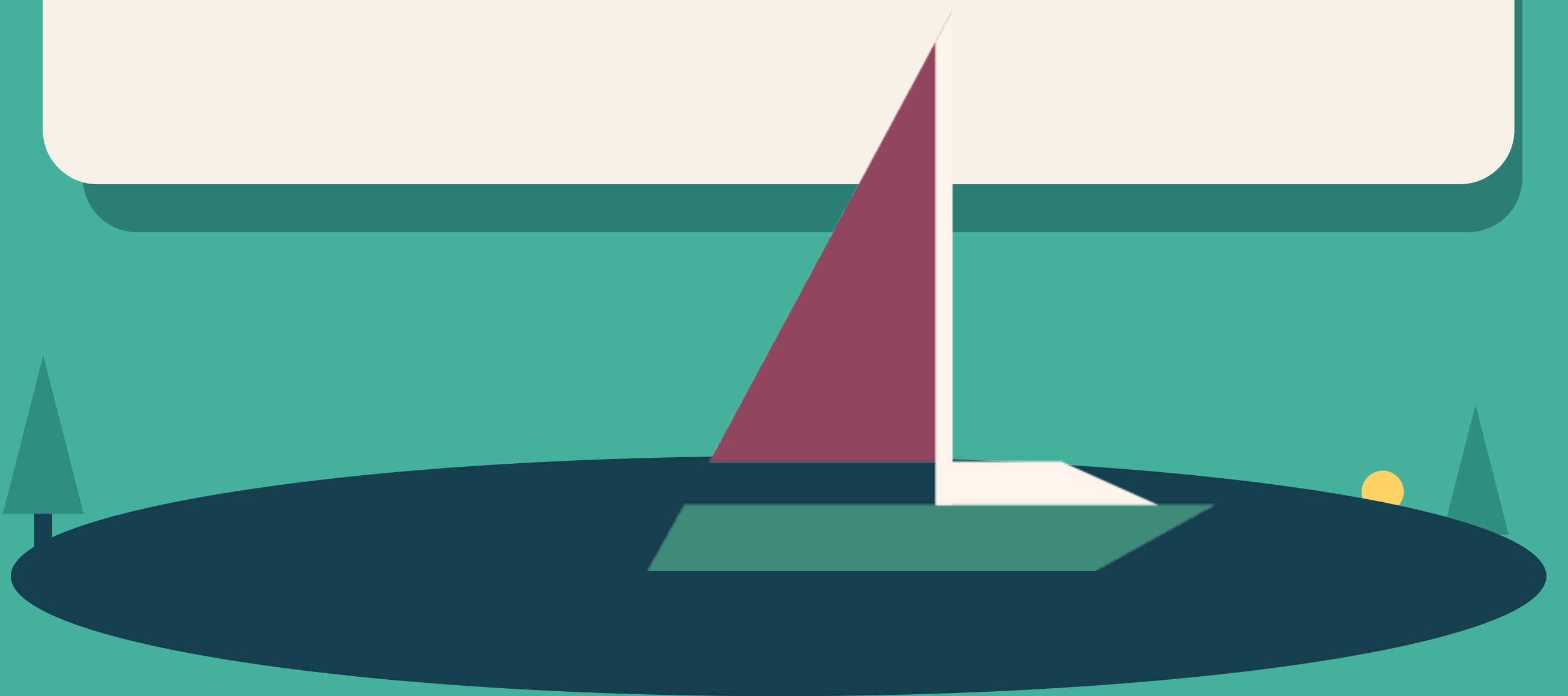
## Week 2 — Transformation: What He Produces

*(From self-effort to Spirit transformation)*

# Day 11

## New Desires

- Ezekiel 36:26-27
- Pray: "Give me Your desires—not mine."
- Reflection: What desire is He changing?



## Week 2 — Transformation: What He Produces

*(From self-effort to Spirit transformation)*

# Day 12

## Confession and Cleansing

- 1 John 1:9
- Confess to God and one trusted person
- Reflection: How does honesty bring freedom?



## Week 2 — Transformation: What He Produces

*(From self-effort to Spirit transformation)*

# Day 13

## Kill What Kills You

- Romans 8:13
- Remove one habit that hurts your walk
- Reflection: What step of obedience did I take?





## Week 2 — Transformation: What He Produces

*(From self-effort to Spirit transformation)*

# Day 14

## Celebrate Transformation

- 2 Corinthians 3:18
- Thank God for visible growth this week
- Reflection: Where do I see His work?





## Week 3 — Mission: What He Calls You To

*(From consumer to co-laborer)*

# Day 15

## You Have a Purpose

- Ephesians 2:10
- Ask: "What good works do You have for me today?"
- Reflection: Who did He lead me toward?



## Week 3 — Mission: What He Calls You To

*(From consumer to co-laborer)*

### Day 16

### Gift Activation

- 1 Corinthians 12:7
- Write your known gifts (or ask others what they see)
- Reflection: How can I use them this week?



## Week 3 — Mission: What He Calls You To

*(From consumer to co-laborer)*

### Day 17 Boldness

- 2 Timothy 1:7
- Do one courageous thing for Christ
- Reflection: What fear did He overcome?



## Week 3 — Mission: What He Calls You To

*(From consumer to co-laborer)*

# Day 18

## Love-Led Mission

- Romans 5:5
- Perform an act of sacrificial love
- Reflection: What did it cost me?



## Week 3 — Mission: What He Calls You To

*(From consumer to co-laborer)*

# Day 19

## Pray for Someone Random

- James 5:16
- Stop and pray for someone God brings to mind
- Reflection: Did anything shift in them or me?

## Week 3 — Mission: What He Calls You To

*(From consumer to co-laborer)*

# Day 20

## Share Your Story

- Revelation 12:11
- Tell one person how God is changing you
- Reflection: How did the Spirit guide it?



## Week 3 — Mission: What He Calls You To

*(From consumer to co-laborer)*

# Day 21

## Mission Review

- Acts 4:31
- Journal moments of boldness and growth
- Reflection: What mission rhythm is forming?



## Week 4 — Discernment: How He Leads

*(Spirit-attentive lifestyle)*

# Day 22

## His Voice

- John 10:27
- Ask: "Holy Spirit, what are You speaking today?"
- Reflection: Write what you sense (no filtering)





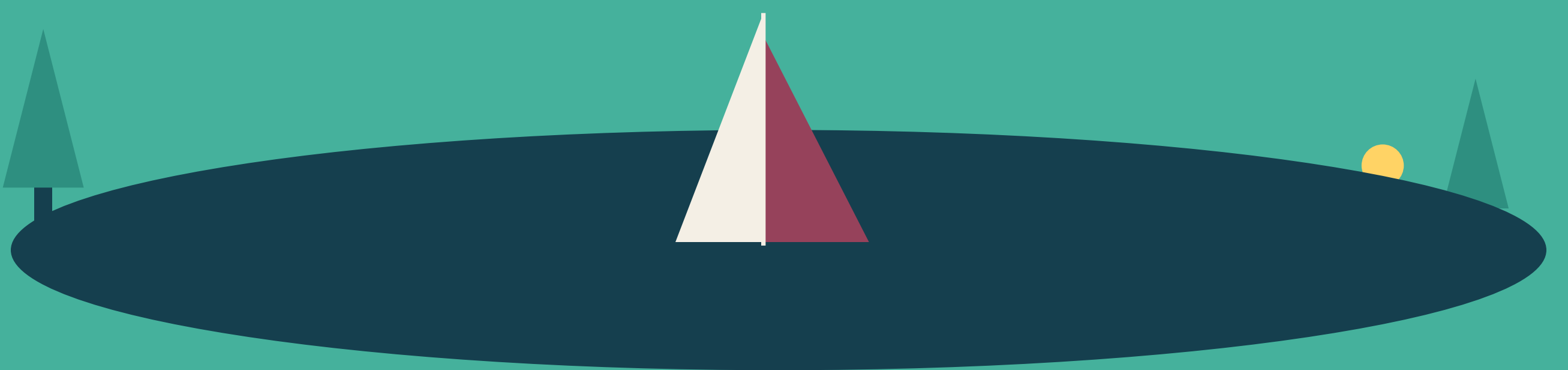
## Week 4 — Discernment: How He Leads

*(Spirit-attentive lifestyle)*

# Day 23

## Renew Your Mind

- Romans 12:2
- Replace one lie with Scripture truth
- Reflection: What changed?



## Week 4 — Discernment: How He Leads

*(Spirit-attentive lifestyle)*

# Day 24

## Peace as Direction

- Colossians 3:15
- Ask: Does this decision increase Spirit-led peace?
- Reflection: What did peace confirm or redirect?



## Week 4 — Discernment: How He Leads

*(Spirit-attentive lifestyle)*

# Day 25

## Wise Counsel

- Proverbs 11:14
- Ask someone Spirit-filled for guidance
- Reflection: What wisdom did He speak through them?



## Week 4 — Discernment: How He Leads

*(Spirit-attentive lifestyle)*

# Day 26

## Prompted Obedience

- Isaiah 30:21
- Act immediately on one Spirit prompting
- Reflection: What happened when I obeyed?



## Week 4 — Discernment: How He Leads

*(Spirit-attentive lifestyle)*

# Day 27

## Pray for Discernment

- Philippians 1:9-10
- Pray this for yourself & someone else
- Reflection: What grew in clarity?



## Week 4 — Discernment: How He Leads

*(Spirit-attentive lifestyle)*

# Day 28

## Test Everything

- 1 John 4:1
- Examine a thought: Does this align with Scripture?
- Reflection: How did I separate truth from falsehood?





## Week 5 — Surrender: How He Forms Us

*(End of self and full control to the Spirit)*

# Day 29

## Lay It Down

- Luke 9:23
- Identify one area you keep control of → surrender it
- Reflection: What freedom came?



## Week 5 — Surrender: How He Forms Us

*(End of self and full control to the Spirit)*

# Day 30

## Commissioning Day

- Galatians 5:25
- Pray: "Holy Spirit, lead—I will follow."
- Share a testimony of what He's done this month
- Reflection: How has my life changed?



## Next Steps

Continue to cultivate a daily awareness of the Holy Spirit. Reflect on the challenges and breakthroughs experienced during this 30-day period. Consider joining a small group or seeking a mentor to support your ongoing spiritual growth.

