

# THE DIE DAILY FITNESS CHALLENGE

Train your flesh. Tame your emotions. Die to self. Rise in spirit.

Powered by Altared Alchemie

# Introduction

This challenge is a spiritual discipline protocol combining fitness intensity with Kingdom living. Inspired by 1 Corinthians 15:31 where Paul declares "I die daily," this program is designed for those who understand that transformation requires sacrifice. This isn't about perfection—it's about progression. It's about crucifying the flesh daily so that Christ can live more fully through you. Every rep, every meal choice, every moment of stillness is an act of worship and warfare against the old self.

# The 7 Pillars

## Two Workouts a Day

One indoor, one outdoor; worship through movement. Your body is a living sacrifice (Romans 12:1). Each session is an opportunity to push past your limits and remember that physical discipline mirrors spiritual discipline.

## Word Before World

Read scripture before any digital distractions. Seek first the Kingdom (Matthew 6:33). Before you check your phone, check in with God. Let His truth set the tone for your day, not the chaos of notifications.

## The Temple Diet

Eat clean, hydrate, avoid junk; honor your body as God's temple (1 Corinthians 6:19). What you consume affects your clarity, energy, and spiritual sensitivity. Fuel like a warrior, not a wanderer.

## Silence & Solitude

15 minutes of stillness; no music or scrolling. Be still and know that He is God (Psalm 46:10). In the noise of life, create sacred space to hear His voice and reset your spirit.

## Emotional Control Check

Pause, breathe, pray before reacting. A person without self-control is like a city broken into and left without walls (Proverbs 25:28). Master your emotions before they master you.

## Faith-Based Fuel

Listen to a sermon, podcast, or worship session daily. Faith comes by hearing (Romans 10:17). Feed your spirit intentionally with content that builds your faith and renews your mind.

## Daily Accountability

Journal wins/losses; end with "Today, I died a little more—and He lived a little greater in me." Reflection creates awareness. Awareness creates change. Document your journey.

# The Die Daily Rule

If you miss one pillar, you start over. This challenge is about commitment, not comfort. You don't quit when it's hard—you die harder. The moment you compromise is the moment the flesh wins. Reset with humility, learn from the failure, and go again. This isn't punishment; it's purification.

# Structure Options

**7-Day Sprint:** Perfect for first-timers who want to test their commitment. A week of intensity to see if you're ready for more.

**21-Day Reset:** Builds endurance and creates new habits. Long enough to break old patterns and establish Kingdom rhythms.

**75-Day Covenant:** The full transformation protocol. This is where boys become men, girls become women, and believers become disciples. Total renovation of body, mind, and spirit.

# Sample Day Structure

Time	Activity
Morning	Word Before World (scripture reading) First workout (strength training) Prayer of dedication
Midday	Clean meal + hydration 15 minutes of silence & solitude Faith podcast or worship session
Evening	Second workout (cardio/outdoor walk) Reflection journal (emotional check + lessons learned) End-of-day declaration: "Today, I died a little more—and He lived a little greater in me."

# Scripture Guide - Week 1: Foundation

Day	Theme	Scripture	Reflection Focus
Day 1	Surrender	Luke 9:23	What does it mean to deny myself today?
Day 2	Discipline	Hebrews 12:11	What area of my life needs correction?
Day 3	Endurance	James 1:2-4	How can I count this struggle as joy?
Day 4	Strength	Philippians 4:13	Am I relying on my strength or His?
Day 5	Focus	Colossians 3:2	What distractions need to die today?
Day 6	Humility	1 Peter 5:6	How can I lower myself to lift Him higher?
Day 7	Victory	Romans 8:37	Where did I win spiritually this week?

# Scripture Guide - Week 2: Commitment

Day	Theme	Scripture	Reflection Focus
Day 8	Faithfulness	1 Corinthians 4:2	Am I being faithful in the small things?
Day 9	Perseverance	Galatians 6:9	Where am I tempted to give up?
Day 10	Transformation	Romans 12:2	How is my mind being renewed?
Day 11	Obedience	John 14:15	Do my actions reflect my love for Christ?
Day 12	Patience	James 1:19	Where do I need to slow down and listen?
Day 13	Contentment	Philippians 4:11-12	Am I grateful in this season?
Day 14	Gratitude	1 Thessalonians 5:18	What blessings have I overlooked?



# Scripture Guide - Week 3: Refinement

Day	Theme	Scripture	Reflection Focus
Day 15	Pruning	John 15:2	What is God cutting away from my life?
Day 16	Humility	James 4:10	Where is pride blocking my growth?
Day 17	Wisdom	Proverbs 3:5-6	Am I trusting God or my own understanding?
Day 18	Purpose	Jeremiah 29:11	Do I believe God has a plan for me?
Day 19	Identity	2 Corinthians 5:17	Am I living as a new creation?
Day 20	Faith	Hebrews 11:1	What am I believing God for right now?
Day 21	Breakthrough	Isaiah 43:19	Where is God doing something new in me?

# Scripture Guide - Weeks 4-5: Power & Authority

Day	Theme	Scripture	Reflection Focus
Day 22	Authority	Luke 10:19	Do I walk in the authority Christ gave me?
Day 23	Victory	1 John 5:4	What battles have I already won through faith?
Day 24	Courage	Joshua 1:9	What fear needs to be confronted today?
Day 25	Boldness	Acts 4:29-31	Where do I need to speak up for truth?
Day 26	Warfare	Ephesians 6:12	Am I fighting the right enemy?
Day 27	Protection	Psalms 91:1-2	Do I rest in God's covering?
Day 28	Deliverance	Psalms 34:17	What do I need God to rescue me from?
Day 29	Freedom	Galatians 5:1	What chains still hold me?
Day 30	Peace	John 14:27	Where am I anxious instead of trusting?
Day 31	Rest	Matthew 11:28-30	Am I carrying burdens that aren't mine?
Day 32	Renewal	Isaiah 40:31	How has God restored my strength?
Day 33	Hope	Romans 15:13	What hope is anchoring my soul today?
Day 34	Joy	Nehemiah 8:10	Is the joy of the Lord my strength?
Day 35	Praise	Psalms 150:6	How can I worship today despite circumstances?

# Scripture Guide - Weeks 6-7: Character & Fruit

Day	Theme	Scripture	Reflection Focus
Day 36	Love	1 Corinthians 13:4-7	How am I showing love to others?
Day 37	Joy	Psalms 16:11	Am I finding joy in God's presence?
Day 38	Peace	Philippians 4:7	Is God's peace guarding my heart?
Day 39	Patience	Psalms 37:7	Where do I need to wait on God?
Day 40	Kindness	Ephesians 4:32	Who needs my compassion today?
Day 41	Goodness	Psalms 34:8	How have I tasted God's goodness?
Day 42	Faithfulness	Lamentations 3:22-23	How has God been faithful to me?
Day 43	Gentleness	Proverbs 15:1	Where can I respond with gentleness?
Day 44	Self-Control	Proverbs 16:32	What impulse needs restraint?
Day 45	Integrity	Proverbs 10:9	Am I the same person in private and public?
Day 46	Honesty	Ephesians 4:25	Where am I tempted to compromise truth?
Day 47	Diligence	Proverbs 12:24	Am I working with excellence?
Day 48	Generosity	2 Corinthians 9:7	What can I give cheerfully today?
Day 49	Service	Mark 10:45	Who can I serve without recognition?

# Scripture Guide - Weeks 8-9: Kingdom Living

Day	Theme	Scripture	Reflection Focus
Day 50	Seeking First	Matthew 6:33	Is God's Kingdom my top priority?
Day 51	Salt & Light	Matthew 5:13-16	How am I influencing my world?
Day 52	Forgiveness	Matthew 6:14-15	Who do I need to forgive today?
Day 53	Mercy	Matthew 5:7	Where can I extend mercy?
Day 54	Purity	Matthew 5:8	What needs cleansing in my heart?
Day 55	Peacemaking	Matthew 5:9	What conflict can I help resolve?
Day 56	Persecution	Matthew 5:10-12	Am I willing to suffer for righteousness?
Day 57	Prayer	Matthew 6:5-8	Is my prayer life authentic?
Day 58	Fasting	Matthew 6:16-18	What am I sacrificing for spiritual gain?
Day 59	Treasure	Matthew 6:19-21	Where is my heart invested?
Day 60	Worry	Matthew 6:25-34	What anxiety do I need to surrender?
Day 61	Judgment	Matthew 7:1-5	Am I judging others while ignoring my own sin?
Day 62	Asking	Matthew 7:7-8	What do I need to ask God for persistently?
Day 63	Golden Rule	Matthew 7:12	How do I treat others?

# Scripture Guide - Weeks 10-11: Completion & Legacy

Day	Theme	Scripture	Reflection Focus
Day 64	Narrow Gate	Matthew 7:13-14	Am I choosing the harder, righteous path?
Day 65	Good Fruit	Matthew 7:15-20	What fruit is my life producing?
Day 66	Foundation	Matthew 7:24-27	Is my life built on the rock of obedience?
Day 67	Calling	Romans 8:28-30	How is God working all things for my good?
Day 68	Conqueror	Romans 8:37-39	What can separate me from God's love?
Day 69	Sacrifice	Romans 12:1-2	Am I a living sacrifice?
Day 70	New Creation	2 Corinthians 5:17	How am I different than when I started?
Day 71	Press On	Philippians 3:13-14	What's behind me that I need to forget?
Day 72	Finish Strong	2 Timothy 4:7	Am I finishing well?
Day 73	Crown	1 Corinthians 9:24-25	What prize am I running toward?
Day 74	Testimony	Revelation 12:11	What is my testimony of transformation?
Day 75	Commission	Matthew 28:18-20	Who will I disciple with what I've learned?

# Daily Tracker Template

*Photocopy this page or print multiple copies for your 75-day journey.*

**Date:** \_\_\_\_\_ **Day #:** \_\_\_\_\_ **of 75**

**Daily Declaration:** "Today, I die a little more—and He lives a little greater in me."

## 7 Pillars Checklist

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| <input type="checkbox"/> Two Workouts (Indoor + Outdoor) | <input type="checkbox"/> Word Before World           |
| <input type="checkbox"/> Temple Diet (Clean Eating)      | <input type="checkbox"/> Silence & Solitude (15 min) |
| <input type="checkbox"/> Emotional Control Check         | <input type="checkbox"/> Faith-Based Fuel            |
| <input type="checkbox"/> Daily Accountability Journal    |  |

## Reflection Questions

**What died in me today?**

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**Where did Christ live through me today?**

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