

30-Day Meekness Challenge

Small daily practices to grow strength under control, humility, and gentleness. Check off each day as you complete the challenge.

Week 1 – Awareness (Noticing Patterns)

- Day 1: Write down one moment today when you felt the need to be in control.
- Day 2: When you disagree with someone, pause before responding. Notice your first instinct.
- Day 3: Ask a friend or family member, 'Do I come across as defensive sometimes?' Just listen.
- Day 4: Journal: What do I fear people will think if I appear weak?
- Day 5: In one conversation, practice not interrupting at all.
- Day 6: Thank someone for correcting or challenging you.
- Day 7: Reflect: Where did I try to prove myself this week? How did it affect me?

Week 2 – Small Acts of Humility

- Day 8: Admit a small mistake out loud today.
- Day 9: Let someone else choose (restaurant, route, show) without pushing your preference.
- Day 10: Give someone else credit publicly, even if you contributed too.
- Day 11: Hold back from posting or saying something self-promoting.
- Day 12: Ask someone's opinion and value it, even if you disagree.
- Day 13: Do one act of service in secret (no one knows but you).
- Day 14: Reflect: How did giving up control feel this week?

Week 3 – Gentleness in Action

- Day 15: Speak softly when you're tempted to raise your voice.
- Day 16: In conflict, start with 'I may be wrong...'
- Day 17: Slow down: wait 5 seconds before answering a tough question.
- Day 18: Encourage someone who's weaker, slower, or struggling.
- Day 19: Replace one sarcastic remark with kindness.
- Day 20: Listen for what someone needs behind their words, not just what they say.
- Day 21: Reflect: How did gentleness change the outcome this week?

Week 4 – Strength Under Control

- Day 22: Consciously let go of winning one argument.
- Day 23: Take on a task you don't 'have' to do, without seeking recognition.
- Day 24: Journal: Where is my identity rooted—status, control, or God's approval?
- Day 25: Pray/meditate: 'Lord, give me strength to be gentle today.'
- Day 26: Encourage someone privately, with no need for them to tell others.
- Day 27: Respond to criticism with, 'Thank you, I'll consider that.'
- Day 28: Reflect: How has letting go changed my peace level?
- Day 29: Choose one relationship to practice meekness in this week.
- Day 30: Write down what you've learned. Ask: How am I different than 30 days ago?