
HOLY BIBLE
HABIT TRACKER
FAITH
WORKOUT
NUTRITION
READ / LEARN
DISCIPLINE
PURPOSE
PLAN
SUN
MON
TUE
WED
40
DAYS OF
DISCIPLINE
CHALLENGE GUIDE
A Faith-Led 40-Day Reset for Your Spirit, Body, Habits, and Purpose
STARTING SEPTEMBER 14, 2026
CREATED BY ALEXUS MARTIN

BEFORE YOU BEGIN

What This Challenge Is, and Why Now

WHAT THIS IS

40 Days of Discipline is a free, faith-led reset. For 40 days, you're going to get honest about one to three areas of your life God has already been dealing with you about, and you're going to actually do something about it — with prayer, Scripture, and real structure behind you, not just good intentions.

This isn't a fitness challenge with a Bible verse attached, and it isn't a generic "new habits" program either. It's built around prayer, the Word, obedience, fasting, and stewarding what God has already put in your hands. The practical side — your body, your habits, your follow-through — matters too, but it sits under that spiritual foundation, not next to it.

Inside this guide you'll choose your focus areas, write out your actual commitments, track your 40 days, check in weekly, and bring specific things to God in prayer. It's built to be lived in, not just read once.

WHY WE'RE STARTING NOW

We're heading into the last four months of the year, right around the start of the Jewish New Year. That's not something you have to observe or follow to be part of this challenge. But there does seem to be something happening in this season — a lot of us sense God stirring things up, realigning things, calling for a reset before the year closes out.

> Whether or not you follow the Hebrew calendar, you can still take part in that shift. Let these 40 days be your way of leaning into whatever God is already doing in you right now — **even if it's just one area you finally get serious about.**

A WORD FROM ALEXUS

Welcome to 40 Days of Discipline

I want to talk to you for a second before we get into this.

There are probably a few things you already know God has been dealing with you about. Maybe it's your prayer life, and you know you've been inconsistent about it. Maybe it's the Word — you keep meaning to actually get back into your Bible instead of reading a verse here and there and calling it a day.

Maybe it's your body. The way you've been eating, sleeping, or moving isn't something you feel good about, and you know it.

Maybe it's connected to your purpose — a business, a ministry, a project, a decision you've been sitting on. Or maybe you've just gotten distracted, and you can feel it.

These 40 days are your chance to stop putting that off.

The goal is not to become an entirely different person in 40 days. The goal is to become disciplined enough to actually walk out what God has already shown you.

Think about what could shift in 40 focused days. Forty days of praying on purpose. Forty days of opening your Bible. Forty days of following through instead of starting over. Forty days of reducing distraction and paying attention to what God has placed in your hands.

That's what we're doing here. Let's get into it.

> *"For God gave us a spirit not of fear but of power and love and self-control."*
>
> **2 TIMOTHY 1:7, ESV**

START HERE, NOT WITH A TO-DO LIST

What Is God Calling You to Strengthen?

Don't pick ten areas because you want to fix everything at once. That's usually the fastest way to burn out by week two.

Choose **one to three areas** that matter most in this season. Pray about it before you write anything down. Ask God to show you where to focus instead of just picking whatever sounds impressive.

POSSIBLE AREAS

- ☐ Prayer
- ☐ Bible study
- ☐ Fasting
- ☐ Physical health
- ☐ Eating habits
- ☐ Movement
- ☐ Sleep
- ☐ Time management
- ☐ Business
- ☐ Calling or ministry
- ☐ Finances
- ☐ Home
- ☐ Family
- ☐ Emotional discipline
- ☐ Social media use
- ☐ Procrastination
- ☐ A delayed project
- ☐ An unhealthy habit

ASK YOURSELF

- What has God already been dealing with me about?
- Where have I been inconsistent?
- What would change if I gave this focused attention for 40 days?

MY 40-DAY FOCUS

1 _____

2 _____

3 _____

Let the Holy Spirit help you determine what actually belongs on this list.

> *"But be doers of the word, and not hearers only, deceiving yourselves."*
>
> **JAMES 1:22, ESV**

THE FOUNDATION

Strengthening Your Spirit

PRAYER

Build a consistent prayer time instead of only praying when something goes wrong. It doesn't need to be elaborate. It needs to be regular.

THE WORD

Open Scripture consistently, study it, and let it actually shape how you live — not just how you feel for a few minutes. You could follow a reading plan, study one book of the Bible, study a subject you're walking through, or work through a resource connected to your calling. A devotional can support your time in the Word, but Scripture should stay at the center, not become optional.

OBEDIENCE

This one matters more than it gets credit for: follow through on what God has already told you to do. If He's been dealing with you about forgiving someone, starting something, stopping something, becoming consistent, making something right, serving, giving, or moving forward — discipline includes actually walking that out, not just journaling about it.

FASTING *optional, prayerfully considered*

Consider fasting once or twice a week during these 40 days. Fasting isn't about performance or proving how spiritual you are. It's an intentional way of denying the flesh and turning greater attention toward God.

What that looks like — and for how long — will differ depending on your health, your responsibilities, your season of life, and your own conviction. If you have medical considerations, choose an approach that's appropriate for you, and don't feel pressure to match anyone else's fast.

> *"Seek first the kingdom of God and his righteousness, and all these things will be added to you."*
>
> **MATTHEW 6:33, ESV**

> *"Continue steadfastly in prayer, being watchful in it with thanksgiving."*
>
> **COLOSSIANS 4:2, ESV**

EVERYDAY FAITHFULNESS

God Cares About How You Steward Your Life

Discipline isn't limited to prayer and Bible study. How you steward your body, your time, your work, your home, and your habits matters to God too.

BODY

Choose commitments that are realistic for you — not a plan borrowed from someone in a completely different season.

- ☐ Walk daily
- ☐ Exercise a set number of days a week
- ☐ Make better food choices
- ☐ Prepare meals ahead of time
- ☐ Move more consistently
- ☐ Drink more water
- ☐ Build a better sleep routine
- ☐ Reduce something hurting your health

HABITS

- ☐ Build a morning routine
- ☐ Stop procrastinating
- ☐ Get off your phone by a set time
- ☐ Keep a space organized
- ☐ Build an evening routine
- ☐ Reduce unnecessary scrolling
- ☐ Plan the next day the night before
- ☐ Stay consistent with something you keep starting and stopping

FOCUS & PURPOSE

- ☐ Finish a delayed project
- ☐ Develop a skill
- ☐ Protect focused work time
- ☐ Work consistently on your business
- ☐ Take real steps toward your calling
- ☐ Reduce distractions during work hours

> *"Whatever you do, work heartily, as for the Lord and not for men."*
>
> **COLOSSIANS 3:23, ESV**

> *"So, whether you eat or drink, or whatever you do, do all to the glory of God."*
>
> **1 CORINTHIANS 10:31, ESV**

PUTTING IT IN WRITING

Your 40-Day Commitments

FOUNDATION *for every participant*

- ☐ Time with God
- ☐ Scripture
- ☐ Consistency
- ☐ Honest tracking of progress
- ☐ Prayer
- ☐ Greater awareness of obedience
- ☐ Less unnecessary distraction

PERSONAL COMMITMENTS *tied to your 1–3 focus areas*

During these 40 days, I am committing to:

1 _____

2 _____

3 _____

I am also working to reduce or deny myself:

_____

This could include social media, television, certain foods, overspending, staying up late, procrastination, excess entertainment, or another distraction you already know about.

Denying yourself isn't about performing for people. This is between you and God.

> *"If anyone would come after me, let him deny himself and take up his cross daily and follow me."*
>
> **LUKE 9:23, ESV**

A CORE PRINCIPLE

Consistency Over Intensity

A huge Day 1 followed by six days of doing nothing isn't the goal here.

A woman who keeps showing up, even on a day that's far from perfect, is the one actually building discipline.

Showing up at 50 percent is usually better than disappearing because you couldn't give 100 percent.

That's not permission to keep lowering the standard for yourself. It's a reminder that discipline includes learning how to keep going when your day, your schedule, or your energy isn't ideal.

IN PRACTICE

- Do what you committed to, even in a smaller way.
- Prepare ahead of time when you can.
- Stop waiting on motivation to show up first.
- Build routines that support your commitments instead of relying on willpower alone.
- Keep showing up.

> *"For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it."*
>
> **HEBREWS 12:11, ESV**

GRACE AND STRUCTURE, TOGETHER

Missed a Day? Keep Going.

If you miss a day, you have not failed the challenge.

Don't throw away the work you've already put in. Don't wait until Monday to start again. Don't disappear for a week because you missed Wednesday.

Just return the next day.

If your goal is completing your full 40 days, add another day to the end if you need to. Someone who starts on September 20 can still complete 40 full days. Someone who misses Day 17 can get back up and keep going.

The goal is finishing your 40 days and learning to live differently afterward.

Grace is part of the plan. Grace is not an excuse to abandon the commitment.

QUICK RESET

- Acknowledge it honestly.
- Identify what caused it.
- Make one practical adjustment.
- Get back to your commitment the next day.

> *"For the righteous falls seven times and rises again."*
>
> **PROVERBS 24:16, ESV**

BRING IT BEFORE GOD

What Are You Believing God For?

Prayerfully write down what you're believing God for over these 40 days and through the rest of this year. Don't write vague things just because they sound good on paper. Pray first, and let the Holy Spirit show you what actually belongs here.

Think about your relationship with God, your family, healing and restoration, your calling, your business or career, your finances, your relationships, your character, and any area where you've felt stuck.

MY PRAYER TARGETS

1 _____

2 _____

3 _____

4 _____

5 _____

What am I specifically believing God for by the end of these 40 days, or by the end of this year?

_____

_____

Prayer targets aren't demands placed on God. They're specific things you're bringing before Him in faith, while staying submitted to His will and His timing.

> *"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."*
>
> **PHILIPPIANS 4:6, ESV**

YOU DON'T HAVE TO DO THIS ALONE

Do Not Try to Do This Completely Alone

An accountability partner isn't required, but it helps. Consider inviting a friend, a sister, your spouse, a mentor, someone from church, or another woman doing the challenge with you.

That person doesn't need to police you. They just need to be someone who can occasionally ask, "How are your 40 days going?" — and mean it.

DOCUMENT YOUR PROGRESS PRIVATELY

- ☐ Use the tracker in this guide
- ☐ Keep a journal
- ☐ Track your habits
- ☐ Take photos along the way
- ☐ Record short private videos
- ☐ Write weekly notes

Save the Scriptures and lessons God is showing you along the way, too.

Seeing your own progress becomes part of your motivation. A lot of people don't realize how much has actually changed until they look back at Day 1.

TRACK YOUR PROGRESS

My 40 Days

Mark a day whenever you show up for your commitments — even in a smaller way. This is meant to encourage you, not to become another assignment.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	DAY 32
DAY 33	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40

MILESTONE CHECK-INS *one line is enough*

DAY 7 _____

DAY 10 _____

DAY 20 _____

DAY 30 _____

DAY 40 _____

CHECK IN WITH YOURSELF

Weekly Reset

Use this page at the end of each week. Photocopy it, redraw it in a journal, or just come back to this one page — however you want to reuse it for all six weeks.

1 What went well this week?

2 Where did I struggle most?

3 What is God showing me right now?

4 What needs to change going into next week?

5 What am I committing to follow through on this week?

My consistency this week: ☐☐☐☐☐☐☐☐☐☐ / 10

YOU ARE NOT DOING THIS BY YOURSELF

Stay Connected

I'll be doing this alongside you, not just handing you a guide and stepping back.



Instagram

I'll be showing up throughout the challenge with daily content, real check-ins, and parts of my own 40 days — not a highlight reel.



YouTube

Longer-form videos will walk through the process, the lessons, the struggles, and honest conversation throughout the 40 days.



Email

Challenge reminders, encouragement, and milestone check-ins will come through email. Add it to your primary inbox so you don't miss them.

You're not doing this alone. I'm actually in it with you.

> *"And let us consider how to stir up one another to love and good works, not neglecting to meet together... but encouraging one another."*
>
> **HEBREWS 10:24–25, ESV**

A REMINDER

Your 40 Days May Look Different

The woman walking every day doesn't need to compare herself to the one running five miles.

The woman studying one chapter of Scripture deeply doesn't need to compare herself to someone reading ten chapters a day.

Someone working on her marriage may have completely different targets than someone building a business. Someone rebuilding her prayer life may have different commitments than someone who already has a steady one.

The question isn't what someone else is doing. The question is: what is God requiring of you?

This is a personal invitation into discipline. Stay faithful to what He's calling you to do, and don't build your 40 days around someone else's conviction.

> *"But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor."*
>
> **GALATIANS 6:4, ESV**

CLOSING WORD

Imagine What 40 Focused Days Could Produce

Think about what becomes possible when you spend 40 days:

- ☐ Praying consistently
- ☐ Studying Scripture
- ☐ Following through
- ☐ Reducing distractions
- ☐ Taking care of your body
- ☐ Working on what you keep delaying
- ☐ Keeping promises to yourself
- ☐ Obeying God promptly

The goal was never Day 40 itself. The goal is that some of what took real intentional discipline on Day 1 starts becoming part of how you actually live.

> *"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."*
>
> **GALATIANS 6:9, ESV**

Forty days. Stay prayerful. Stay disciplined. Keep showing up. Let's lock in.