

# H<sub>2</sub>O for Your Soul Challenge

There's great spiritual significance to water. References appear in scripture more than 700 times! Water brings forth life, sustains and purifies. It's important for us to 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 at least 64 ounces of water per day, for at least 20 days. Think of it as drinking nearly one ounce for every book in the Bible.



= 8 ounces

