

# Take the Clean Heart Lifestyle Challenge

In each newsletter, a challenge will be issued that shines a light on harmful cultural practices and values that serve to deplete rather than enrich our lives. The purpose is to cut through the hype of this culture and get to the heart of the matter by directing our focus back to God and His liberating Word in order to more effectively combat the devastating lies of the media and pop culture.

I challenge you to watch what you eat. Take inventory of what you consume with your eyes and ears. Choose to turn the television off, or watch programs and listen to music that have uplifting and inspiring messages. Read books and magazines that nurture not negate a clean heart lifestyle. Remember, you are what you eat.

On your next visit to the hair salon, barber shop or on the next flight you take, choose to enrich your mind and spirit. Ignore the tabloid winks from Paris, Lindsay and Britney. (See the Clean Heart Book Selections) Choose to get to know your Creator better by spending more time with Him. The Bible is God's love letter to you. Start in the New Testament Gospels (Matthew, Mark, Luke and John) and work your way through the entire New Testament then through the Old. Additionally, The Book of Proverbs is called the Book of "wisdom." Wisdom is the ability to live life skillfully. Proverbs gives practical advice of how to live holy in an unholy world. Since there are 31 chapters, you can read one Proverb each day and complete the entire book in one month. Your soul and spirit will literally exhale with gratitude.

I recommend spending the first part of every day, in God's presence. This way, He never gets bumped off your hectic schedule. (See the FLY time section)

If you don't have a Bible or a version you understand, visit your local Christian book store and ask for help in your search or try searching on the Internet. I own the Charles F. Stanley Life Principles Bible which is filled with relevant and applicable principles and commentary that make it easy to incorporate the Word into your daily life. Visit [www.intouch.org](http://www.intouch.org) to purchase.

Ladies, I also challenge you to ask your salon owner to subscribe to empowering magazines. I personally recommend; Gospel Today, [www.gospeltoday.com](http://www.gospeltoday.com), Hope For Women, [www.hopeforwomenmag.com](http://www.hopeforwomenmag.com) Hair etc. Magazine [www.myhairetcmag.com](http://www.myhairetcmag.com), Ladies First Magazine [www.LadiesFirstMagazine.com](http://www.LadiesFirstMagazine.com), Aved Magazine, [www.savedmagazine.com](http://www.savedmagazine.com) SpiritLed Woman, [www.spiritledwoman.com](http://www.spiritledwoman.com), and Whole Magazine, [wholemagazine@sbcglobal.net](mailto:wholemagazine@sbcglobal.net), just to name a few.

The choices we make individually can have an enduring global impact for the Kingdom.

**Salon Owners who accept the challenge**, click [here](#).