

Day	Num.	Min.	Episode Title	Week Homework	Daily Homework
2/2	1	35	Understanding the Battlefield	Join a conquer group, take the SAST, and clean your house.	call each member, journal your battle, and record FASTER SCALE
2/9	2	32	The Mission	Journal Exercise	call each member, journal your battle, record FASTER SCALE, and prepare for the battle each night
2/16	3	33	The Battle of the Brain	Journal Exercise	call each member, journal your battle, record FASTER SCALE, and prepare for the battle each night
2/23	4	39	Renewing the Mind	Full Disclosure and Journal Exercise	call each member, journal your battle, record FASTER SCALE, and prepare for the battle each night
<b>BREAK</b>					
3/9	5	31	Strongholds of the Enemy #1	Discover Your Arousal - Relapse Connection, My 10 Worst Moments, The Double Blind Exercise	call each member, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
3/16	6	37	Strongholds of the Enemy #2	Identify the Limbic Lies in Your Life, Fill out the Whacks and Lacks in Your Life, and Get Your Survival Kit Ready	call each member, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
3/23	7	35	The Soldier and His Weapons	The Belt of Truth - Experiencing God's Word, The Breastplate of Righteousness - Speak the Truth, The Shoes of Peace - Standing Firm in Faith, and The Shield of Faith - A Life of Worship,	call each member, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
3/30	8	37	Changing Your Legacy	The Helmet of Salvation - Your Prophetic Promises From God, The Sword of the Spirit - Listening to the Holy Spirit, and Developing a Healthy Lifestyle	call each member, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
4/6	9	30	The Battle Plan	Write a Letter to Yourself From Your Future Self	call each member, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
4/13	10	38	Finishing Strong	Create a Battle Plan - S.E.E.D.S.	call each member, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise