



Faith-Based Organizations Challenge Guide

Your Charipillar Journey Begins Here

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Wellness Challenges That Strengthen Faith and Serve the World

Welcome to the Faith Challenge Experience

Your Charipillar Faith Challenge is more than a program. It is a living expression of faith in action. Through this shared experience, your congregation or community group can deepen spiritual health, build stronger fellowship, and extend kindness beyond your walls.

This guide will help you inspire wellness, compassion, and purpose among members of all ages. Together, you will learn how caring for body, mind, and spirit can become a powerful act of worship and service.

Every challenge connects personal growth to the greater good. When people of faith come together to nurture wellness and give generously, they reflect the heart of God and bring light to the world.

Your journey begins here, with small daily actions that strengthen faith, build community, and share love in tangible ways.

What Charipillar Is

Charipillar is an interactive platform that brings personal wellness and charitable giving together under one purpose, to make the world a better, healthier, and more compassionate place. Built around eight interconnected pillars—physical, nutritional, emotional, social, spiritual, intellectual, financial, and environmental—it helps individuals and faith communities live out their beliefs through action.

Every completed challenge strengthens both personal wellbeing and collective witness. Charipillar helps people grow in faith while serving others, creating a community that reflects love, stewardship, and gratitude.

How It Works for Faith Communities

Follow these steps to strengthen community bonds, deepen discipleship, and extend impact beyond your congregation.

Choose a Cause

Begin by choosing a charity that aligns with your faith-based organization's mission or supports a cause that resonates with your community. The initiative leader may select one charity from our list of ten on behalf of the entire organization, or individual groups or ministry teams can each choose their preferred charity from the same list. This approach allows giving to be shared across multiple beneficiaries and creates a sense of engagement and ownership among participants.

Set a Timeframe

While challenges can vary in length, a 90-day challenge creates the strongest impact. It gives participants time to build healthy habits, deepen relationships, and sustain enthusiasm for both wellness and service. And remember, you can always begin another 90-day challenge once you finish the first to keep your momentum going.

Engage Your Members

Members participate individually or in small groups, completing challenges across the eight wellness pillars. Activities may include prayer walks, acts of service, gratitude journaling, community volunteering, or family wellness projects. Each one builds connection and reflects the call to live fully and love generously.

Earn Points and Raise Funds

Every action contributes to three measurable outcomes:

- Dollars Raised – Contributions from participants, small groups, or ministry partners that support chosen causes
- Challenge Points Earned – Points awarded for completing wellness and faith-based activities

- Total Impact – The combined total of dollars raised, and challenge points earned, representing the full measure of your community’s faith in action

Leaderboards and progress reports track all three outcomes, making it easy to celebrate both spiritual growth and charitable impact.

Celebrate Together

End your challenge with a joyful gathering or worship service. Share stories, testimonies, and reflections from participants. Recognize both effort and impact, and celebrate the ways your community has embodied love, compassion, and service in everyday life.

Why Faith Communities Use Charipillar

Charipillar is more than a wellness platform. It is a tool for discipleship and connection that helps faith communities grow together while serving others.

- Strengthen Fellowship: Bring members closer through shared goals, encouragement, and teamwork
- Deepen Spiritual Wellness: Integrate faith with personal growth across body, mind, and spirit
- Live Out the Mission: Transform good intentions into daily acts of service and compassion
- Reflect God’s Love: Show the world what faith in action looks like

When your members feel connected to one another and aligned in purpose, your community becomes a beacon of hope and health.

Challenge Format Options

Faith groups can organize their Charipillar Challenge in several ways. Each format encourages participation, reflection, and joy in service.

Individual Leaderboard

Participants earn challenge points for completing activities and raise funds through personal or family donation pages. This format honors individual commitment and helps members connect personal growth to generosity.

Group vs Group Challenge

Participants earn challenge points for completing wellness activities and raising funds. Groups compete based on their total impact score, combining challenge points and dollars raised. This structure ensures that both effort and charitable contribution are recognized.

Hybrid Challenge

Participants earn challenge points for completing wellness activities and raising funds. Groups compete based on their total impact score, combining challenge points and dollars raised. This structure ensures that both effort and charitable contribution are recognized.

For most first-time faith challenges, the hybrid format creates the ideal balance of participation, learning, and impact.

How to Run Your Challenge

This simple framework will help you plan, launch, and celebrate a successful Charipillar Challenge from start to finish.

Begin with Prayer and Purpose

Start by selecting a cause or ministry from Charipillar’s list of ten chosen beneficiaries that reflects your faith community’s heart. Take time to pray, reflect, and invite members to share ideas. When people help choose the cause, they engage more deeply in the mission.

Choose Your Format

Select the structure that best fits your community—individual, group, or hybrid—and determine the timeframe. Ninety days gives participants the opportunity to build rhythms of wellness, gratitude, and generosity that last.

Select Challenges

At registration, each participant selects one pillar and one core challenge to focus on. After registering, individuals, families, or ministry teams can follow a curated set of related challenges or choose their own short challenges drawn from all eight pillars, including spiritual, physical, and service-oriented activities. This approach provides a clear spiritual and wellness focus while giving your community the flexibility to choose activities that fit their season of life, support meaningful growth, and build lasting positive habits.

Register on the Platform

Each participant creates an account on Charipillar using their name and email and creates or joins a team or group page. Participants who are not part of a group still have their own personal page to track progress and manage individual fundraising.

Prepare for Launch

Designate a Challenge Coordinator or volunteer team to manage communication and logistics. Announce the challenge during services, newsletters, or small group meetings. Use visual displays, bulletin inserts, or short videos to explain the challenge and inspire participation.

Kickoff Celebration

Launch your challenge with joy and unity. Gather your community to pray, learn about the program, and commit to making an impact together.

Sample Kickoff Message

Welcome to the Charipillar Faith Challenge. Over the next several weeks, we will grow together in health, gratitude, and service. Every challenge you complete strengthens your faith and helps others in need. Whether you pray, serve, learn, or move your body in gratitude, your actions bring light and love to those around you. Let us walk this journey together and make these weeks a time of renewal, reflection, and giving.

Midpoint Connection

At the halfway mark, pause to reflect and rejoice. Share stories of transformation, testimonies of answered prayers, and the progress made by individuals and groups.

Sample Midpoint Message

We are halfway through our Charipillar Challenge, and the blessings are already clear. Together we have strengthened our faith, encouraged one another, and helped bring hope to others. Keep going, stay faithful, and remember that every action, large or small, has eternal significance. Let's continue this journey with thankful hearts and joyful spirits.

Final Stretch

As the challenge draws to a close, encourage members to complete their remaining activities, continue giving generously, and finish strong.

Sample Final Stretch Message

The finish line is near. Let's give our best effort in these final days—serve one more time, pray one more prayer, and complete one more challenge in love. Every moment of this journey has mattered, and together we are leaving a legacy of compassion and faith in action.

Celebrate Your Success

Conclude your challenge with a time of gratitude and reflection. Celebrate during a service, meal, or fellowship event. Share the total funds raised, the activities completed, and the lives touched by your efforts.

Sample Completion Message

Congratulations on completing the Charipillar Faith Challenge. Together we have strengthened our bodies, renewed our minds, and opened our hearts in service. The impact you have made reflects God's love in action. Thank you for living out your faith with purpose and joy.

Awards and Recognition

Recognition encourages reflection and gratitude. Celebrate both individual and group achievements as expressions of faith in action. Award categories may include:

Individual Categories

- Wellness Champion – highest total impact score combining challenge points and dollars raised
- Challenge Achiever – most challenge points earned through completed wellness activities
- Fundraising Hero – most dollars raised for the selected charity

Team Categories

- Team Spirit Award – most supportive and enthusiastic team
- Full Participation Award – groups or teams with one hundred percent participation

Prizes can include certificates, volunteer opportunities, small group privileges, or recognition during a service or community gathering. The most meaningful reward is the shared understanding that every effort strengthened personal wellness, deepened spiritual connection, and contributed to serving others.

Engagement Boosters

Keep momentum and joy alive throughout the challenge with small, meaningful touches.

- Share weekly devotionals or scriptures tied to wellness and giving
- Highlight members or groups who demonstrate servant leadership
- Invite local ministry partners to share impact stories
- Celebrate milestones with brief moments of prayer and thanksgiving

These reminders keep hearts aligned, energy high, and gratitude overflowing as your community lives out its mission together.

Frequently Asked Questions

Q: Who can participate?

A: Members, families, and small groups of all ages are encouraged to participate. Some activities may be better suited for adults or teens, while others can include younger children as family projects.

Q: Do I need to be fit or active to join?

A: No. The Charipillar Challenge is for everyone. Each participant chooses activities that match their abilities and interests.

Q: Is there a cost to participate?

A: There is no cost to members. Your participation helps generate charitable contributions that support your selected cause or ministry.

Q: How long should my challenge last?

A: Charipillar recommends a 90-day challenge for the most lasting results. Ninety days gives you enough time to build meaningful habits and see real impact over time. And remember, you don't have to stop at just one. Many participants choose to begin a new 90-day challenge right after finishing the first to keep their momentum going and deepen the growth they've started.

Final Encouragement

Your Faith Challenge is about more than numbers or prizes. It is about living what you believe. Every prayer, every act of kindness, and every moment spent growing in wellness honors God and blesses others.

Together, you are building stronger bodies, deeper faith, and a more compassionate world. The love that begins in your congregation will reach far beyond your doors.

Your Charipillar journey begins now. Let it inspire your community to serve, give, and grow, one challenge at a time.



Closing Message

Your decision to participate in Charipillar already makes you part of something extraordinary. You are helping build a community that believes in becoming better and doing better, one challenge and one act of generosity at a time.

Sophie and I thank you for being part of this vision. Your energy, compassion, and effort move us closer to a shared goal: raising one billion dollars for an ever-growing community of remarkable charities, and creating a stronger, healthier, and more connected world for everyone.

Ian & Sophie Tonks
Co-Chairs, Charipillar