



The Murph Challenge

One of the purposes of BrickHouse Family Ministries is to strengthen teens and their families. Without physical, mental, emotional, and spiritual strength, families in today's culture may lack the ability to stand against the struggles of our world. As Executive Director, part of my role is to model this strength for our residents. This year we are introducing an additional opportunity to partner with us as we work to strengthen families, which also provides a new way of modeling strength for the BrickHouse families.

During the month of March, I will be completing a CrossFit style workout called a "Murph" each day besides Sunday, because Sunday is day of rest. The Murph is considered a hero workout, and honors Lt. Michael Murphy, a Navy Seal, who sacrificed his life in Afghanistan in 2005. The workout itself is as follows: 1-mile run, 100 pull-ups, 200 push-ups, 300 squats, and a second 1- mile run. In the course of 26 days, I will complete 52 miles, 2,600 pull-ups, 5,200 push-ups, and 7,800 squats, for a grand total of 15,652 reps completed in the month of March.

You may be wondering to yourself, "Why is he doing this?" Good question. This workout is going to be a struggle, it will hurt, and there is a high probability that I will feel like giving up. But this struggle is temporary and is nothing compared to the struggle of raising teen boys to be good men. My hope is that this physical challenge will be an inspiration and encouragement not only to BrickHouse families but also to every family, to continue the good work of raising teen boys and girls to be good men and women who are physically, mentally, emotionally, and spiritually strong. Every day we will be posting videos and/or photos of the workouts from Bluffton Strength and Conditioning, the gym where most of this work will be done. We will also go live on Facebook each Monday with a devotional that goes along with the workouts.

Would you consider partnering with us for this challenge?

Ways to stand with us

- Sponsor a day \$602
- Sponsor part of a day: any amount
- Sponsor a movement...or two...or 10: \$1 a movement

All donations will go to support the work of BrickHouse Family Ministries, so that we can keep doing our part to strengthen families. Donations can be made through the PayPal link on our website (<https://www.brickhousefamily.org/get-involved>). Sponsorships may also be sent to our mailing address: BrickHouse Family Ministries P.O. Box 311 Bluffton, IN 46714. As always, thank you for the prayers and support for BrickHouse Family Ministries.

This should be fun,

Adam D. Carroll



The Murph Challenge and Fundraiser: Strengthening the Family

Who: Adam Carroll, Executive Director of BrickHouse Family Ministries

What: The Murph Workout

- 1 Mile Run
- 100 Pull-ups
- 200 Push-ups
- 300 Squats
- 1 Mile Run

When: Every day during the Month of March, excluding Sundays

In 26 days Adam will complete

- 52 miles
- 2,600 Pull-ups
- 5,200 Push-ups
- 7,800 Squats
- Adds up to...602 movements a day

Why: To raise funds to strengthen teens and families to provide the following:

- New weight equipment for our residents
- Health and nutrition teaching for teens and their families
- Adolescent substance abuse treatment groups for the community
- Increased self-control, family connection, and personal responsibility for our residents

How: Ways to Stand with us

- Sponsor a day \$602
- Sponsor part of a day: any amount
- Sponsor a movement...or two...or 10: \$1 a movement
- The goal: Every day sponsored, for a total of \$15,652