



NO SHAVE NOVEMBER

What is No-Shave November?

Have you seen men sporting a little extra facial hair in the month of November? It may be because they are taking the challenge. No-Shave November is a month-long campaign during which participants forgo shaving in order to evoke conversation and raise awareness of men's health issues in the hope of compelling them to get proper and timely health screenings.

1 Corinthians 6:19 tells us "Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own?" (NKJV)

Not only is it our responsibility to ourselves and our families to place great importance on our health, we can see that God holds us accountable as well. Our body is the temple of the Holy Spirit who dwells within us.

The 5 Commitments:

Participating in this challenge at Shiloh Missionary Baptist Church requires embracing all five of the commitments outlined below:

1 JOIN THE COMMUNITY

1. JOIN THE COMMUNITY - God commands us to fellowship (Hebrews 10: 25)

We're doing this together as one community. We'll be sharing our challenges and successes together as men.

Sign up at Shilohmbcalaska.org to join the community.

2 COMMIT TO PRAYER

2. COMMIT TO PRAYER - God commands us to pray for the sick (James 5: 15)

Spend time in prayer each day for your own spiritual health and interceding for the spiritual and physical health of all men

3 STOP SHAVING

3. STOP SHAVING - Christian traditions are filled with men who set themselves apart by not shaving, Samson, Paul and many others - either temporarily or for their entire life.

4 ABSTAIN AND AVOID

4. ABSTAIN AND AVOID - God commands us to abstain and avoid sin (1 Thessalonians 5: 22)

Pick something to give up during the month of November and strive to avoid things that lead you into sin.

5 SHARE YOUR FAITH

5. SHARE YOUR FAITH - God commands us to evangelize (Matthew 28: 19-20)

God commands us to evangelize - to share the Gospel, and this November we're committing to taking the call more seriously.

The Goal

The purpose of No-Shave November is not just to let your beards grow crazy. The goal of No-Shave November is to grow **awareness** by embracing our hair, which many cancer patients lose. To evoke conversations and compel men to get screened.

The Rules

The rules of No-Shave November are simple: put down your razor for 30 days and donate your monthly hair maintenance expenses to the cause. Strict dress-code at work? Don't worry about it! We encourage participation of any kind; grooming and trimming are perfectly acceptable.