

JANUARY 23 – FEBRUARY 12, 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	JAN 23 PRAISE GOD FOR CREATING US Psalm 139:14 Ephesians 2:10	24 WE WERE CREATED IN HIS IMAGE Psalm 100:3 1 Corinthians 6:19-20	25 WE WILL USE OUR BODIES TO PRAISE HIM Psalm 34:1; 63:4; 95:6; 134:2; Romans 12:1	26 PUT ON THE WHOLE ARMOR OF GOD Ephesians 6:10-18	27 BOLDNESS Matthew 10:28 Romans 1:16 Philippians 1:21	28 COMMITTED TO GOD Romans 12:1-2
29 PRAISE HIM ANYWAY Psalm 42:5, 11 Psalm 43:5	30 REPENTANCE 1 Samuel 7:6 Joel 2:12 Matthew 17:20	31 HEARTS FILLED WITH LOVE Psalm 51:10 Ezekiel 36:25-27 Matthew 5:8	FEB 1 MIND FOCUSED ON HIM Romans 12:1-2 Colossians 3:2-3 Joshua 1:8-9	2 ENDURANCE John 15:4-5 Colossians 1:21-23 Jude 21	3 THE GLORY OF GOD IN OUR LIVES Colossians 1:10; 3:23 Galatians 6:9-10	4 MEMBERS OF THE BODY OF CHRIST Romans 12:4-5
5 RENEWED SPIRIT Psalm 51:10 Ephesians 4:23	6 THANK GOD FOR HIS HOLY WORD Proverbs 8:17 John 17:3	7 HEARING HIS VOICE Isaiah 30:21 Psalm 85:8 John 10:27	8 BECOMING TRUE WORSHIPERS John 4:23-24 Romans 12:1-2 Philippians 3:3	9 STRENGTHEN OUR SPIRIT Mark 14:38 Ephesians 3:16-17	10 BODY, SOUL & SPIRIT 1 Thessalonians 5:22-24	11 GOD IS FAITHFUL! 1 Corinthians 10:13 1 Thessalonians 5:24
12 GOD WILL DO IT! 1 Thessalonians 5:24	<p>INSTRUCTIONS FOR EATING:</p> <p>GREEN indicates days during which you will eat only fruits, vegetables, nuts, whole grains. Only fruit juices (no added sugar) and water are allowed to drink. This is a partial fast. If you need to, you may add healthily prepared chicken or fish (4-6 ounces, not fried).</p> <p>PURPLE indicates days in which we will eat only one meal. You are free to choose what meal you will eat. Meals are to follow the healthy eating guidelines.</p> <p>RED indicates days during which you will totally abstain from food. Only water will be allowed to drink on these days. If this portion of the fast proves to be too difficult, you are invited to eat a single meal following the "Green" principles.</p> <p>BLUE indicates "free days." Please feel free to eat normally on these days. However, it is suggested that you abstain from sweets, sodas, and fried and fatty foods.</p>					