

30 Days to a Better You - 2024

Exodus with the Spirit of Excellence



The Power of Fasting

Week 1: **Giving Thanks to God**: Three days of eating one meal per day. Fast from complaining. Be thankful in all things.

Week 2: **Pray**: Three days of eating fruit and vegetables only. Fast from T.V. (Excludes Religious and News Programming). Pray before acting or speaking.

Week 3: **Love**: Three days of liquids only until 3 pm. Fast from things you love that cannot love you in return. (shopping, fast food, soft drinks, etc.).
Love your enemies.

Week 4: **Forgive**: Three days eating one meal per day. Fast from procrastination and laziness. Forgive and release old hurts.

Week 5: **Hope**: Two days of eating fruit & vegetables only. Trust the Better You!

Day 1 O Give Thanks to the Lord!!! Ps. 107:1-9	Day 2 Come Before His Presence with Thanksgiving Ps. 95:1-7	Day 3 Don't Forget to Give God Glory & Thanks!! Luke 10:11-19	Day 4 The Sacrifice of Thanksgiving Ps. 116:17-19	Day 5 Be Thankful Col. 3:14-17	Day 6 O Give Thanks Ps. 136:1-26	Day 7 In Every Thing Give Thanks!! 1 Thess. 5:16-20
Day 8 The Model Prayer Luke 11:1-4	Day 9 Pray and Fast Mark 9:14-29	Day 10 Pray Without Fainting Luke 18:1-8	Day 11 Pray with Confidence 1 John 5:13-16	Day 12 Prayer and Praise Acts 16:25-35	Day 13 Pray Boldly Heb. 4:14-16	Day 14 Pray in the Spirit Eph. 6:18
Day 15 Love God and Keep His Commandments 1 John 5:1-12	Day 16 Keep God's Commandments Pt. 2 Deut. 28:1-14	Day 17 Love One Another 1 John 4:7-15	Day 18 God is Love - Perfect Love 1 John 4:16-21	Day 19 Love God with All My Heart Mark 12:28-34	Day 20 Fervent Charity 1 Peter 4:7-12	Day 21 Love is the Greatest!! 1 Cor. 10:13
Day 22 Put on the New Man & Forgive: Col. 3:10-14	Day 23 O God, Forgive Me Ps. 51:1-6	Day 24 God Cleanse Me Ps. 51:7-12	Day 25 Praise for Forgiveness Ps. 51:13-19	Day 26 Stop Counting!! Matt. 18:21-22	Day 27 The Unforgiving Servant Matt. 18:23-35	Day 28 Forgiving is a Must Mark 11:22-26
Day 29 My Expected End!! Jer. 29:10-14	Day 30 Be Glad - It's Restoration Time! Joel 2:21-32					

Each day take at least 30 minutes for devotions, 30 minutes for health, and 30 minutes to connect with family.

Daily: Be honest with God and myself, confess, repent and forsake, obey God's voice and have faith in God.