



April: 30 Days to a Better You!

Thrive in 2025! (FOCUS on God at 100%)

“The Year of Jubilee”



Week 1: *Thanks* – Be thankful for all things. Fast from complaining.

Week 2: *Pray* – Pray before acting or speaking. Fast from T.V. (Excludes Religious and News Programming).

Week 3: *Love* – Love your enemy. Fast from things you love that cannot love you in return (e.g. shopping, fast food, soft drinks).

Week 4: *Forgive* – Forgive and release old hurts. Fast from procrastination and laziness.

Week 5: *Hope* – Trust the Better You! If unsuccessful while fasting from any of the above, use the next four days to repeat as needed.

Day 1 O Give Thanks! Ps. 107:1-16	Day 2 Bless the LORD! Ps. 103:1-22	Day 3 In Every thing Give Thanks 1 Thess.5:16-22	Day 4 I Will Bless the LORD Ps. 34:1-8	Day 5 Praise Ye the LORD! Ps. 150:1-6	Day 6 Let Us Sing & Shout unto the LORD! Ps. 95:1-7	Day 7 I Will Praise Thee Is. 12:1-6
Day 8 The Effectual Fervent Prayer James 5:13-20 **Ps. 66:13-20**	Day 9 Pray God’s Will with Confidence 1 John 5:13-21 **Matt. 7:7-12**	Day 10 Always Pray & Faint Not Luke 18:1-14	Day 11 Prayer & Fasting Mark 9:14-29	Day 12 Provoked to Pray by the Enemy & God Answered 1 Sam.1:1-28	Day 13 Prayer & Praise at Midnight Act 16: 1-42	Day 14 The Instructions from God 2 Chr. 7:12-22
Day 15 Love Those Enemies!! Matt. 5:43-48	Day 16 Love God with All Exodus 20:1-26	Day 17 Love God & Keep His Commandments 1 John 5:1-12	Day 18 God Ordained Love Eph. 5:1-33	Day 19 Love One Another 1 John 4:1-21	Day 20 God’s Love John 3:12-21 **John 3:1-11**	Day 21 Love is the Greatest 1 Cor. 13:1-13
Day 22 When Ye Stand Praying Forgive Mark 11:20-26	Day 23 Moving Forward Php. 3:13-15 **Php. 3:1-12**	Day 24 Forgive: No Limits Matt. 18:15-22 **Col. 3:10-17**	Day 25 God’s Forgiveness 1 John 1:1-10	Day 26 Jesus said Father Forgive Them Luke 23:1-56	Day 27 Forgive to Be Forgiven (6:9-15) **Matt. 6:1-15**	Day 28 Forgive One Another Eph. 4:24-32
Day 29 It Shall Come to Pass Hab. 2:1-4	Day 30 An Expected End Jer. 29:10-14	P.U.S.H.!! **Bonus Reading**	PRAY	UNTIL	SOMETHING	HAPPENS!! Praise God for your SHIFT!!

*****Word of the month: FOCUS*****

Meaning: to direct one’s thoughts or efforts; concentrate. *Reality check* - God wants us to focus on him. God wants our undivided attention.

Each day spend least 30 minutes for devotions, 30 minutes for health, and 30 minutes to connect with family