



30 Days to a Better You! Being Determined in 2022!



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 Be Thankful Col. 3:14-17	Day 2 How Excellent Psalm 8	Day 3 Thank God for Hearing Me John 11:41-42	Day 4 Give Thanks I Thess. 5:16-19	Day 5 I Will Sing Praise Psalm 9:1-11	Day 6 O Give Thanks Ps. 136	Day 7 Thanksgiving I Chr. 16:7-12
Day 8 The Sure 180 Degree Turn in Prayer II Chron. 7:14-15	Day 9 The Adversary that Provokes Prayer for God's Will I Sam. 1:4-18	Day 10 Prayer & Praise at Midnight (Loosed Them!!) Acts 16:25-30	Day 11 Pray God's Will with Confidence I John 5:14-15	Day 12 In Every thing and by prayer... Php. 4:4-7	Day 13 Pray According to God's Will Matt. 26:36-42	Day 14 Prayer & Fasting Mark 9:23-29
Day 15 JESUS, the First Love Rev. 2:4-7	Day 16 Love the Good Amos 5:14-15	Day 17 God Wants ALL! Mark 12:28-34	Day 18 God is Love I John 4:7-21	Day 19 God Loveth a.... II Cor. 9:6-8	Day 20 Love Those Enemies!!! Matt. 5:43-48	Day 21 By MY LOVE, ALL MEN will KNOW! John 13:34-35
Day 22 Confession and then Forgiveness I John 1:5-10	Day 23 Jesus Said Forgive Them Luke 23:33-34	Day 24 Unlimited Forgiveness Matt. 18:21-22	Day 25 Forgive to be Forgiven Mark 11:25-26	Day 26 God's Abundant Pardon Isaiah 55:6-7	Day 27 Come Now, Don't Wait Isaiah 1:16-20	Day 28 Forgive One Another Eph. 4:29-32
Day 29 Restoration Time! Joel 2:25-27	Day 30 The Everlasting Joy! Isaiah 61:7-8	P.U.S.H.!!	PRAY	UNTIL	SOMETHING	HAPPENS!! Praise God for your SHIFT!!

Each day take 30 minutes for devotions, 30 minutes for health, and 30 minutes to connect with family. Journaling will take the experience to another level. Write the vision: Habakkuk 2:2-3.