The 21-day Christian Fitness Program

(which you can follow for LIFE!)

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http://PraiseMoves.com

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The 21-Day Christian Fitness Program

With Laurette Willis of PraiseMoves Fitness Ministry

If you’ve heard my story, you’ll know that I battled with being overweight most of my life. Before I came to Christ I was heavily involved in yoga and the New Age movement. I was an alcoholic from the age of 13, a compulsive overeater since the age of 6, and I began smoking cigarettes at 15.

If anyone was a MESS, it was ME!!! It’s hard for me to even look at old photos of myself. My heaviest weight was when I was only 13 years old—so you know there are no pictures left from that phase of my life! I burned them…

That’s me at left. Who said horizontal stripes are fattening?!!! Actually I wore that hideous outfit as a character in a play. Was that even a real smile? Most of the time I wore *slimming* black. I looked like an itinerant black hole.

I hope you’re laughing—at least a little. I share this with you to let you know that if the Lord could deliver me, I know He can deliver anyone who wants to change their life. And you know He has to have a sense of humor to give someone like me a FITNESS ministry!

All I can say is, “With God, nothing will be impossible” and with Him “ALL things are possible!” (Luke 1:37 and Matthew 19:26).
Let’s begin!

“For as the body without the spirit is dead, so faith without works is dead also” (James 2:26).

Knowledge is vital, yet we can know everything there is to know about fitness and nutrition and still be out-of-shape and miserable. A person can read books and listen to sermons by some of the most gifted Bible teachers and preachers of all time and still miss out on God’s most precious gift—salvation—if all they do is listen and read. To be successful in any area of life requires action, and not ignorant fly-by-the-seat-of-our-pants action, but action coupled with knowledge and faith.

Since “faith is the substance of things hoped for,” we need to know what it is we’re hoping for! Hope is the blueprint your faith follows. Your faith needs a blueprint to follow.

Please write a brief blueprint for the Christian Fitness program below.

What I would like to accomplish during the next three weeks on the Christian Fitness Program:

_____________________________________________________________________
_____________________________________________________________________

These are habits I’d like to develop and ones I want to overcome (spiritually, emotionally, mentally and physically).

I want to stop:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

And I want to start:
_____________________________________________________________________
_____________________________________________________________________
By continuing to follow the healthy guidelines of the Christian Fitness Program as a lifestyle, one year from now I can see myself (spiritually, mentally, emotionally, physically – write in the first person, “I see myself…”):

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

HOPE: A Spiritual FORCE

The desires, plans, goals and prayers you’ve just written down are your blueprint. These are your hopes. Hope is not a wishy-washy “gee-won’t-it-be-nice” sort of idea. Hope is a spiritual force. In its purest biblical sense, hope means “earnest expectation.” It carries with it the picture of a runner at top speed, pressing forward with intense determination as she heads for the finish line only a nose away. She earnestly expects to win. That’s hope.

It is my earnest expectation that you have not only head knowledge about fitness and health, but have your heart’s desires fueled to be all God has created you to be.

If you will commit to follow this program for three weeks, it can become the foundation of a new Christ-centered fitness lifestyle that will have a positive impact on you and your family. So, let’s praise the Lord in advance—in faith!—as we move to higher levels of fitness in Him.
Christian Fitness Program Guidelines

1. If you don’t already have a journal or notebook you use to record thoughts, prayers, dreams, goals and ideas the Lord gives you, get a new one. It will be an important tool for you to use during this transformational process.

2. Weigh and measure yourself and write the numbers down in your notebook. Do not weigh or measure again until after you have completed the program. Yes, I know that’s difficult!

2. Sign the "Christian Fitness Commitment" at the end of this section. You may want to make a copy of it and keep it in your Bible or journal.

3. Write a general food and exercise plan every day (Don’t let the word “exercise” scare you—whatever you do, do as unto the Lord and He will bless and empower you to do it. I’ll give you a number of different ideas for exercise you can do.).

   Food-wise, you’ll be learning to pay attention to your God-given body’s needs—learning to tell the difference between true hunger and just cravings or emotional need to eat. You will be learning to pay attention in new ways, follow the Lord and make a decision to make more healthful choices (lots of veggies, limit processed food, etc.). This will not be a diet, but a food and exercise PLAN (what you plan to eat and what you plan to do for exercise).

   I have found writing the following each day helpful:

Breakfast:
Snack:
Lunch:
Snack:
Dinner:
Exercise:
Eating healthful foods fuels the body and enables it to burn fat more efficiently while keeping you energized. I commit my food for the day to the Lord and ask Him to guide me in making healthy choices. You can write out exactly what you are going to eat or an outline of what you will eat. An outline might look like this:

**Breakfast:** fruit, carb

**Snack:** fruit

**Lunch:** protein, carb, salad, fat

**Snack:** veggies

**Dinner:** salad, protein, carb, fat

*Carb* would represent foods such as vegetables, whole grain bread, cereals, brown rice, whole wheat pasta. *Protein* would be lean meat or soy, eggs, grains and beans, dairy products. Avoid saturated *Fats* and use other fats sparingly—butter, oil, etc. Take flax seed oil or Omega 3 fish oil capsules daily for essential fatty acids.). I take dietary supplements and vitamins daily, and I strongly recommend you do, too. If you're not taking any vitamins or dietary supplements, go to the health food store and ask for the best *whole food* multi-vitamin you can find (no cheapies—your body deserves the best). I also have some recommendations of products I use in our Health and Beauty section on our PraiseMoves website ([http://praisemoves.com/store/health-beauty](http://praisemoves.com/store/health-beauty)).

An outline form of Food Plan is often easier for people who eat out a lot. A more exact Food Plan may be difficult for some to follow (we don't want anyone falling apart because they "messed up"). You may experiment and see which works better for you. You will experience more success if you consider this a *lifestyle* plan—something you can easily live with that becomes second nature to you—more than a "diet" you can jump on or fall off.
Christian Fitness Steps to follow:

1. Use a new journal or notebook to follow program for three weeks—and beyond (your journal can become one of your closest friends as you record your progress and ideas/insights the Lord gives you).

2. Limit processed foods. That means even "low-carb" or "low-fat" processed foods. Notice I say "limit" not "go cold turkey." Don't be too hard on yourself or you might quit. We can sometimes be "all or nothing" thinkers (I have to watch for that perfectionist streak myself).

   Strive to eat foods as close to their natural state (as God made them) as possible. I was addicted to low-carb bars until I began limiting processed foods, and I'm now losing some of the "stubborn chub" that wouldn't let go. For a snack, your body processes fruit better than synthetic chemicals, preservatives and natural/artificial flavors and colors.

3. Get adequate REST. Strive for 7 to 9 hours a night. You'll notice I use the word "strive" (attempt or do your best) when it comes to change. The goal is to do the best you can. We're after progress, not perfection.

4. Practice “Tummy Curfew”—stop eating three hours before bedtime (if bedtime is 11pm, no food after 8pm; if 10pm, no food after 7pm).

5. Drink at least eight 8 oz. glasses of water daily. If you weigh over 130 lbs., divide your weight in half and drink that amount in OUNCES. For example, if you weigh 160 lbs., half of that number is 80; so go for 80 ounces—or ten 8oz. glasses of water per day. If you drink NO water at all, start with two to four glasses of water a day. Once you start limiting processed foods and eating more fruits and vegetables, you will find your natural thirst for water increasing. In a short time, you'll find your taste for diet and regular soda pop diminishing or leaving completely.
6. Exercise 20-40 minutes each day. You may choose to take Sunday off—or just go for a lovely walk with the family. It’s up to you. What kind of exercise? Any kind you will do!

We have some DVD selections at http://PraiseMoves.com/dvds which combine faith and fitness. This includes: **Gimme Ten Workout** (10-minute routines with light weights and the Word); a variety of **PraiseMoves** DVDs (“The Christian ALTERNATIVE to yoga”) for all exercise levels; **Slow-Cadence Exercise** (slow motion exercise for quick results) and others.

You may prefer walking on a treadmill or taking a walk outdoors, rebounding (bouncing on a mini-trampoline), taking an exercise class, swimming, bicycling, jogging, doing another exercise video—hey if you roller blade or rock-climb, go for it!

You may divide exercise into 10—15 minute segments if you want. If you’re at the computer all day, take a break every few hours and walk around or DO SOMETHING that requires your body to M-O-V-E.

At PraiseMoves.com, you’ll find some QuickFit Exercises you can do at your desk—combining the Word with some quick fitness breaks you can do at the office, at home, or while traveling (http://praisemoves.com/resources/exercises/).

7. Spend TIME with the Lord every day. This is vital for spiritual fitness. We’ll cover more on this later. Commit your day, your work, your food/exercise plan, everything concerning you to the Lord first thing in the morning. Use a Bible translation you can easily understand and follow along with our daily devotion. During the next three weeks you will read through the four gospels with our primary emphasis on the words of Jesus. As much as possible, do your Bible reading in the morning. If you run short of time, finish the reading at bedtime. Do your best.
The Christian Fitness Commitment

A Contract with Myself

I, _________________________________, hereby commit to improve my health and fitness for the next ________ weeks beginning _______________, 20__. I will eat healthful meals and snacks to nourish and energize my body, not feed my emotions. I will make a conscious effort to move my body for 20-40 minutes 6 or 7 days-a-week to improve my level of fitness and make it a part of my lifestyle.

In addition, during this period of time I will not indulge in the following foods I believe the Lord is guiding me to stop eating, regardless of the temptation:

______________________________________________________________________

I will practice “Tummy Curfew” and stop eating three hours before bedtime.

I purpose to spend time with the Lord every day and draw closer to Him. I am determined to know Him better than I ever have before, realizing that He is the source of everything good in my life. During this time I believe He will change me more into the person He called me to be. I refuse to allow the past and self-defeating habits to keep me from being the person God has called me to be and doing all He’s calling me to do.

My body is the temple of the Holy Spirit, so I am learning to take better care of it.

This contract is with myself. I can also commit it to God if I so choose. Keeping this contract or breaking it is completely up to me. It carries with it no rewards or penalties other than those associated with its reflection on my ability to keep my word, and the strength of my character.

I can do all things through Christ who strengthens me.

Signed, _________________________________ Date: ___________________
Okay, that's it! I suggest you not "pig out" the day before you start! I know how I am, so I had to say that. Remember, even though you may be doing this only for a relatively short period of time, it's not a "diet." This is about embracing a healthy lifestyle and drawing closer to the Lord, the One who makes all lasting change possible.

I hope you'll continue to follow some of these guidelines in the future just because you enjoy the way you feel when you're doing them. You may choose to repeat the Christian Fitness Program after three weeks, turning it into a six-week program if you'd like. It's up to you.

**Changing Your “Want-To”**

The goal is to implement some of these healthful practices into your lifestyle so that feeling better, being more fit, and making time with the Lord become a priority. Choosing healthful foods and actually wanting to exercise every day can become something you prefer to do (really!). I call it “changing your ‘want-to.’”

For example, shortly after I began following this new lifestyle, I no longer wanted to drink the 6-pack-a-day of Diet Coke I'd been consuming on a daily basis. I liked saying, “I can have all the Diet Coke I want on this plan. I just don’t want it anymore.”

Wow! Talk about liberation!

I do have to maintain what I call “Galatians 5:1 vigilance,” however. “*Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.*”

We stand firm in this new freedom one day-at-a-time and not become slack. I choose not to say, “Oh, I can have a couple of cans of the stuff now. It has no effect on me.” As a recovered alcoholic, I also do not say, “Oh, I’ll just have a few drinks at the bar—it has no effect on me anymore.” NO WAY!!! Stand fast in your liberty!
Day 1 ~ Christian Fitness Program

Bible Reading: Matthew chapters 1 through 5

My Scripture for today: “But He answered and said, ‘It is written, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”’” (Matthew 4:4).

Write today’s scripture in your journal.

What does it mean? Temptations will come whether we are starting a new fitness routine or just going about our daily lives. Since we are to follow Christ’s example, let’s do as Jesus did when faced with temptation: answer back with the Word of God. Putting our fingers in our ears and saying, “No, no, no devil!” will only go so far. Answering back with the Word as Jesus did puts the power of God to work in the situation. Find scriptures that cover your situation (such as “I can do all things through Christ who strengthens me” from Philippians 4:13) and no matter what the physical circumstances may say, declare what God has to say about the situation! Physical food brings nourishment to the body, but only the Word of God can bring victory, fulfillment, and peace to your heart and soul.

Today I proclaim (say aloud): I live and move and have my being in Christ, the Word of the living God. I choose to line up my words with His Word. I do not live by physical food alone, but by every word that God has spoken to me in His Word. I praise You Father with my whole heart for who You are to me. (Praise Him for who He is and all He’s done.)

What is the Lord saying to me in this scripture? (Write in your journal.)

I start the day with a clean slate (use as needed): Father, 1 John 1:9 says, “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all
unrighteousness.” I confess to You, repent (turn away from) and ask You to forgive me for *(Write in your journal)*.

Thank You for forgiving me, Lord. I now receive Your cleansing from all unrighteousness, from anything that stands between You and me, in Jesus’ name. By Your grace I now stand clear and clean in Your sight. Thank You Father!

*I start the day with a clean heart (use as needed):* Father, Jesus said in Mark 11:25 “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.” Father, as You have forgiven me, and in obedience to Your Word, I forgive and let go of: *(Write in your journal)*.

*Prayers:* I pray for the leaders of our nation and those in authority.¹ I pray for the peace of Jerusalem² and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends *(Write in your journal)*:

I offer up my personal prayers today. Lord, I pray for Your help and guidance *(journal)*.

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.”³ I believe I receive the answer to my prayers now. Thank You Father!

*My Food Plan I commit to today:*  
Breakfast, Snack, Lunch, Snack, Dinner *(journal)*  
*Tummy Curfew:* I commit to stop eating 3 hours before bedtime.  
*My Exercise Plan I commit to today:* *(journal)*  
*My Top Three Goals this Year Are:* *(journal)*  
*Three Things I commit to do today:* *(journal)*
I commit my day to the Lord. Lord, I entrust my day and my life to You today.

Thank You helping me start the Christian Fitness Program. Help me to keep on track and guide me to be the best I can be today. I purpose to fill my mouth with Your words, Lord. I'll walk by faith, not by sight!

Reflections on the day (Write tonight or the next morning in your journal).

Day 2 ~ Christian Fitness Program

Bible Reading: Matthew chapters 6 through 10

My Scripture for today: Jesus said, “But seek first the kingdom of God and His righteousness and all these things will be added to you” (Matthew 6:33).

Write today’s scripture in your journal.

What does it mean? It has been said the “kingdom of heaven” refers to a place and how things are done there, while the “kingdom of God” is God’s way of doing things here on earth. An example of God’s way of doing things can be found in the law of sowing and reaping. Whatever seeds we sow, whether for good or evil, will grow up according to their kind. Plant tomato seeds, get tomatoes. Plant years of inactivity and Twinkies, get flabby body. The good news is that once we begin planting good seeds, we will eventually reap a good harvest—if we don’t give up. You’re planting good seeds by choosing to follow your program today.

How do we seek after God’s way of doing things? Reading and studying His Word, praying and taking action on what God’s Word says are some of the ways you do that. Instead of worrying about what we are to eat or wear, or how a bill will be paid, look to God’s way. For example, we give (or sow) before we receive (or harvest). You will most likely take a step of faith first and stand in faith believing God’s Word is true.
before you actually see the physical manifestation of your answered prayers. Remember, “the just shall live by faith.”

Today I proclaim (say aloud): I seek first the kingdom of God, God’s way of doing things. I thank You Lord that because You gave Your Son Jesus to redeem mankind, I am made righteous in Him. I seek You Lord, and am grateful You reward those who diligently seek you. By faith I have everything I need. (Praise Him for who He is and for meeting your every need.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)
I commit my day to the Lord. Lord, as I commit my day and plans to You, I thank You that I’m open to any change of plans You have for me. I’m Your child and I seek to do Your will all day, every day. I love You, Father and am grateful I hear Your voice in my heart and follow You in Jesus’ name. Amen.

Reflections on the day (Write tonight or the next morning in your journal).

Day 3 ~ Christian Fitness Program

Bible Reading: Matthew chapters 11 through 14

My Scripture for today: Jesus said, “Either make the tree good and its fruit good, or make the tree bad and its fruit bad; for a tree is known by its fruit” (Matthew 12:33).

Write today’s scripture in your journal.

What does it mean? Just like an apple tree will yield fruit after its kind, the Spirit of God is yielding fruit in our lives after the Spirit. The nine fruit of the Spirit listed in Galatians 5:22 are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Every time we “put to death” the desires of the flesh to lash out in anger, give in to temptation, or follow any number of selfish “me first” desires, we are yielding to the fruit of the Spirit. The more we yield to the Spirit of God day-by-day, the stronger and healthier the good fruit becomes; the more we are transformed into the image of our Lord from glory to glory.⁷

Today I proclaim (say aloud): I thank You Lord that You are cultivating the fruit of the Spirit in my life. I choose to yield to love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness, and self-control. (*Praise Him for who He is and for developing the fruit of the Spirit in your life.*)

*What is the Lord saying to me in this scripture? (Journal)*

*I start the day with a clean slate* (Confession. *Use as needed – see Day One*).

*I start the day with a clean heart* (Forgiveness. *Use as needed – see Day One*).

*Prayer:* I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (*Journal*).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (*Journal*).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner (*Journal*)

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* (*Journal*)

*My Top Three Goals this Year Are:* (*Journal*)

*Three Things I commit to do today:* (*Journal*)

*I commit my day to the Lord.* Lord, as I go about my day today if I become tempted to yield to the bad fruit (the works of the flesh), I ask that You remind me to yield to the good fruit of the Spirit within me. I commit my day and my life to You today, and ask You to help me be a blessing to all I meet.

*Reflections on the day* (*Write tonight or the next morning in your journal*).
Day 4 ~ Christian Fitness Program

_Bible Reading:_ Matthew chapters 15 through 18

_My Scripture for today:_ Jesus said, “Hear and understand: not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man” (Matthew 15:10, 11).

_Write today’s scripture in your journal._

_What does it mean?_ Aren’t you glad God isn’t keeping information from us? He wants us to understand. His words to us are mysteries to be revealed rather than secrets that are concealed. Jesus said, “Hear and understand” because He wants us to comprehend and benefit from His words to us.

Unclean food may contaminate the body, but it cannot contaminate the spirit and soul as can the hateful, destructive words we speak.

Whatever our heart is full of will come out of our mouth. “A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of his heart his mouth speaks” (Luke 6:45).

A country preacher once said, “When your bucket gets bumped, whatever you’re full of will spill out.” When your “bucket gets bumped” what are some of the words and emotions that spill out of you? Well, grab hold of your tongue and zip your lip if you have to do so! You don’t have to say _everything_ that comes to mind you know (now, that was a revelation to me!).

As important as clean, healthy food is, make sure your _words_ are equally unsoiled, positive and full of the “nutrition” of God’s Word.
Today I proclaim (say aloud): I speak words of love, encouragement and peace.

God gives me wisdom to speak His Word even in the most trying of circumstances. I open my mouth in faith and He gives me the perfect words to say. I will now praise Him with the sweet, clear words of my mouth. (Praise Him for who He is and for filling your mouth with words of life.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)

I commit my day to the Lord. Lord, please keep a guard on my lips so I will not sin against You with my mouth. Please caution me in my heart if I am about to lie, gossip or speak ill of someone. I say with David, “Let the words of my mouth and the
meditation of my heart be acceptable in Your sight, O Lord, my strength and my
Redeemer. “

Reflections on the day (Write tonight or the next morning in your journal).

**Day 5 ~ Christian Fitness Program**

*Bible Reading:* Matthew chapters 19 through 23

*My Scripture for today:* “So Jesus stood still and called them, and said, ‘What do you want Me to do for you?’” (Matthew 20:32)

*Write today’s scripture in your journal.*

*What does it mean?* Why did Jesus ask those two blind men what they wanted Him to do for them? Surely He knew they were blind. Well, the Lord is not a puppet master. Instead of “pulling our strings,” He wants us to tell Him what we want. Our words are also indicators of our faith. Obviously these men had faith that Jesus could heal them for they answered Him, “Lord, that our eyes may be opened.” And they were healed.

On several occasions in Scripture when people were healed the Lord told them, “Your faith has made you well (completely whole).” However, in His hometown of Nazareth “He could do no mighty work” there. In fact “He marveled at their unbelief.” Their sight was more limited than the blind men’s. They refused to see beyond what they knew in the natural about Jesus: that He was a carpenter, the Son of Mary and the brother of James, Joses, Judas, and Simon. He couldn’t just “zap” them; their lack of faith in Him kept them from receiving anything from God.
Jesus is asking you today, “What do you want Me to do for you?” Be specific, put your faith in Him, and you too will be made completely whole.

Today I proclaim (say aloud): I am specific in what I ask the Lord to do for me. I am not afraid to ask Him, because I know He wants to be involved in every area of my life. Jesus, I will answer Your question, “What do you want Me to do for you?” I come boldly to the throne of grace that I may obtain mercy and find grace to help in the time of need. Lord I ask You: (Ask the Lord to help you in the specific areas you want His help, then praise Him for who He is and for answering your prayers.)

What is the Lord saying to me in this scripture? (Journal)
I start the day with a clean slate (Confession. Use as needed – see Day One).
I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:
Breakfast, Snack, Lunch, Snack, Dinner (Journal)
Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)
I commit my day to the Lord. Lord, I entrust my day and my life to You. I put everything in Your hands today. Thank You for always being with me and for answering my prayers. I’m so grateful to be Your child, knowing I can come to You at any time and receive Your help, wisdom and love.

Reflections on the day (Write tonight or the next morning in your journal).

Day 6 ~ Christian Fitness Program

Bible Reading: Matthew chapters 24 through 26

My Scripture for today: Jesus said, “Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak” (Matthew 26:41).

Write today’s scripture in your journal.

What does it mean? The more time we spend in the things of God, the stronger and more sensitive our spirit becomes, enabling us to overcome the temptations of the flesh. The word for “watch” in the Greek is gregoreuo, meaning to revive and refrain from sleep. The implication here is more than merely physical, however. We are to watch and be awake mentally and spiritually as well.

Be mindful of the thoughts you are entertaining. Are they of God, the flesh or the devil? If they are not of God, cast them down (kick them out!) and bring “into captivity every thought to the obedience of Christ”¹² (the Word of God).

Many are lulled to sleep and unaware of the snares of the enemy until after they’ve been caught. Peter tells us to “be sober (self-controlled) and vigilant (watchful); because your adversary the devil walks about like a roaring lion, seeking whom he may devour” (1 Peter 5:8).
Enjoying frequent fellowship with God and taking action on what you know to do will strengthen your spirit and cultivate the fruits of faithfulness, patient endurance, and self-control.

Today I proclaim (say aloud): With Paul I can say that I am not ignorant of the devil’s devices. I spend time in prayer and fellowship with the Lord every day. Under the leadership of the Lord Jesus Christ, my spirit is in control over my flesh. When tempted, I will not enter in, but immediately go to Jesus, the Word and prayer. I am an overcomer and am being “strengthened with might through His Spirit in the inner man” (in my spirit). (Praise the Lord for who He is and for strengthening your spirit.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)
Three Things I commit to do today: (Journal)

I commit my day to the Lord. Lord, thank You for strengthening me in my spirit, soul and body today. I will be watchful today and sensitive to do what Your Holy Spirit tells me. I place my day, my life and plans completely in Your hands, Lord and I thank You for Your great, great love for me and my family!

Reflections on the day (Write tonight or the next morning in your journal).

Day 7 ~ Christian Fitness Program

Bible Reading: Matthew chapter 27 through Mark chapter 3

My Scripture for today: “A leper came…saying to Him, ‘If You are willing, You can make me clean.’ Then Jesus, moved with compassion, stretched out His hand and touched him, and said to him, ‘I am willing; be cleansed”’ (Mark 1:40, 41).

Write today’s scripture in your journal.

What does it mean? We are told in Hebrews 13:8 that “Jesus Christ is the same yesterday, today and forever.” If He was willing to act on the Word of God 2,000 years ago, He is still willing today. Jesus specialized in doing the impossible—because with God nothing is impossible! He is still willing to save, heal and deliver all who ask in faith.

If you wonder whether your faith is strong enough, realize God has already given you the faith that you need. The faith you have can be strengthened by reading, speaking and hearing the Word of God. Then take action on the Word of God that you know and your faith “muscles” will grow!

Jesus is moved with compassion toward us and through us to others. Notice He stretched out His hand to touch the leper before He said anything. We are His hands
here on earth. Even if we don’t know what to say to someone who’s hurting, we can stretch out our hand to them and the Lord will give us the words to say.

It is His desire to touch you with His love, grace, and power right now. Whatever you have been asking the Lord about or standing in faith believing, realize His hand is stretched out to touch you right now. He is speaking to you today, “I am willing. Be cleansed.”

*Today I proclaim (say aloud):* I praise the Lord that He is willing and able to perform His Word in my life. I humble myself under the mighty outstretched hand of God, that He may exalt me in due time, casting all my care upon Him, for He cares for me."\(^{15}\) (*Praise the Lord for who He is and for bringing to pass His promises in your life.*)

*What is the Lord saying to me in this scripture?* (Journal)

*I start the day with a clean slate* (Confession. Use as needed – see Day One).

*I start the day with a clean heart* (Forgiveness. Use as needed – see Day One.)

*Prayer:* I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* (Journal)
My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)

I commit my day to the Lord. Lord, I commit my day and my life to You. I thank You that You are willing and able to watch over everything I entrust to You. I am so grateful my life is in Your hands.

Reflections on the day (Write tonight or the next morning in your journal).

Day 8 ~ Christian Fitness Program

Bible Reading: Mark chapters 4 through 7

My Scripture for today: Jesus said, “Daughter, your faith has made you well. Go in peace and be healed of your affliction” (Mark 5:34).

Write today’s scripture in your journal.

What does it mean? Here we meet a woman who had experienced pain and misery for years. She was weakened physically from her condition and had suffered from the treatments of the physicians as well. For 12 long years her illness made her “unclean” under Jewish law, so she was ostracized from society. She had also spent all her money trying to regain her health.

How did she receive her healing? 1. She heard about Jesus and believed. 2. She spoke her faith aloud to herself: “If only I may touch His clothes, I shall be made well.” 3. She took action. She touched His clothes in faith believing she would get what she needed from Him. 4. She received her healing from Jesus by faith.
Her faith obviously drew on the power of the Lord. “And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, “Who touched Me?” Many people touched Jesus that day, but one touched Him in faith. That woman’s faith was the bridge that brought the power to heal from Jesus to her. It wasn’t her need that drew the power, but her faith.

You can follow those same four steps today. 1. Find a promise in the Word of God to fit your situation. 2. Speak God’s promise aloud and claim it for yourself. 3. Take action. Push past the obstacles standing between you and Jesus, between you and your healing, between you and the answer to your prayer. 4. Receive it. Believe right now that you are receiving the answer to your prayer. Then thank the Lord with your whole heart. There’s power in praising Him!

Today I proclaim (say aloud): Lord, I hear your Word and believe it. I speak it out of my mouth in faith. I take action on Your Word and push past all obstacles standing in my way. I receive Your wonderful promises by faith and walk in victory! (Praise the Lord for who He is and for making His power available to you today.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).
Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner *(Journal)*

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* *(Journal)*

*My Top Three Goals this Year Are:* *(Journal)*

*Three Things I commit to do today:* *(Journal)*

*I commit my day to the Lord.* Lord, I refuse to allow anything to stand between us. I am a child of the King and I’m pressing in to be all He’s called me to be.

*Reflections on the day (Write tonight or the next morning in your journal).*

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**Day 9 ~ Christian Fitness Program**

*Bible Reading:* Mark chapters 8 through 11

*My Scripture for today:* Jesus said, “Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it” *(Mark 10:15).*

*Write today’s scripture in your journal.*

*What does it mean?* If the kingdom of God refers to God’s way of doing things, and it must be received and understood as a little child, we run the risk of missing out on much of what the Lord has for us by being too “grown-up.”
Grown-ups say, “I’ll believe it when I see it.” Children say, “I believe it, so I know I’m going to see it!” Grown-ups say, “Don’t get your hopes up.” Children say, “Too late. My hopes are way up!” Bible-based faith is similarly childlike, not childish.

Faith is the currency, the “coin of the realm,” of the kingdom of God. I call faith believing and acting with the calm assurance that the Word of God is true—no matter what the circumstances may say. Circumstances are only temporary; God’s Word is eternal.

Is there a situation you’re facing that seems impossible? How would a Bible-believing child view that situation? Today you read where Jesus told His disciples, “With men it is impossible, but not with God; for with God all things are possible.”

Receive God’s way of doing things like a child today. Don’t hoard your faith—spend it! Pour your faith into something huge, gigantic, and stupendous (just like a child would!). God turns the impossible into the possible, and the possible into reality!

Today I proclaim (say aloud): Lord, I know with You all things are possible. I stretch my faith out like a child today and thank You in advance for turning impossible situations around. Thank You for making a way where there seemed to be no way. I am excited about what You are doing in my life and the lives of my loved ones. (Praise the Lord for who He is and for restoring your childlike faith.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).
I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* (Journal)

*My Top Three Goals this Year Are:* (Journal)

*Three Things I commit to do today:* (Journal)

*I commit my day to the Lord.* Lord, I receive the kingdom of God as a little child and I enter it by faith. Thank You for showing me how to operate as an ambassador of this kingdom, as an ambassador of Christ. Please give me the words to say to encourage others to trust You like a child and walk before You like men and women of God.

*Reflections on the day* (Write tonight or the next morning in your journal).

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**Day 10 ~ Christian Fitness Program**

*Bible Reading:* Mark chapters 12 through 14

*My Scripture for today:* Jesus said, “‘And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This is the
first commandment. And the second, like it, is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these” Mark 12:30, 31).

Write today’s scripture in your journal.

What does it mean? We miss a lot if we just glance over these scriptures thinking God gave us these commandments just because He didn’t want us to be drawn away into idol worship. Everything God does is for our benefit and out of His enormous love for us.

While pondering this scripture it occurred to me how immensely practical the Lord is. By making the primary commandment love, God is helping build us several different ways. 1. He is enabling us to stay close to Him (“God is love”17); 2. He is teaching us to give sacrificially (“For God so loved the world that He gave His only begotten Son”18); 3. He is helping us build our faith (“faith working through love”19); 4. He is giving us a weapon to fight fear (“Perfect love casts out fear”20); and He is ensuring our victory (“Love never fails”21).

Let’s identify with love today by inserting ourselves into 1 Corinthians 13: 4-8 with the following:

Today I proclaim (say aloud): By God’s grace I identify with the love of God. I am patient and kind. I do not envy. I do not parade myself or show off, nor am I puffed up with pride. I do not behave rudely, nor do I seek after my own fulfillment or gratification. I am not easily provoked. I think no evil. I do not rejoice in evil, but I rejoice in the truth. I bear all things, believe all things, hope all things, and endure all things. I never fail because love never fails. Love never fails because God never fails, and God is love. (Praise the Lord for who He is and for filling you with His love.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).
I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)

I commit my day to the Lord. Lord, I love You with all my heart and soul, and all the wealth and resources I possess. I hold nothing back from You. I love my neighbor as I love myself. I am able to love, Lord, because You first loved me. I do not hate myself, nor do I hate others. I choose to walk in love today and I will not fulfill the selfish desires of my carnal nature.

Reflections on the day (Write tonight or the next morning in your journal).
Day 11 ~ Christian Fitness Program

Bible Reading: Mark chapter 15 through Luke 2

My Scripture for today: Mary said, “Behold the maidservant of the Lord! Let it be to me according to your word” (Luke 1:38).

Write today’s scripture in your journal.

What does it mean? Mary didn’t really understand everything that would happen when the angel Gabriel told her she would give birth to the Son of God. There was no way she could comprehend the magnitude of what God was about to do on earth. How could she? It was beyond human comprehension. Still she showed her willingness to be used of the Lord by calling herself His maidservant.

The prophet Isaiah offered a similar exclamation when He heard the voice of the Lord saying, “Whom shall I send, and who will go for Us?” (Isaiah 6:8) Even though Isaiah considered himself less than worthy and “a man of unclean lips” he said, “Here am I! Send me.” You may notice that God did not hesitate. When He found a willing vessel, He immediately said, “Go!”

God is calling you to be His maidservants and vessel of His power today. Is it because you are worthy of such an honor? No, but He is. A great woman of God once said, “God is not looking for vessels of gold or silver, but for yielded vessels.”

Today I proclaim (say aloud): I will go where God wants me to go, do what God wants me to do and say what God wants me to say today. With Mary I proclaim, “Behold the maidservant of the Lord. Be it unto me according to Your Word, Lord.” And with Isaiah I say, “Here am I, Lord! Send me.” God said He would never leave me nor forsake me, so I know He goes with me, gives me favor with those I meet and He will
give me the words to say. (Praise the Lord for who He is and for the calling He has placed on your life.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart ( Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)

I commit my day to the Lord. Lord, I pray Your will be done on earth today as it is in heaven. Thank You for sending me into my world to make a difference. Be it unto me according to Your Word in Jesus’ name.

Reflections on the day (Write tonight or the next morning in your journal).
Day 12 ~ Christian Fitness Program

Bible Reading: Luke chapters 3 through 6

My Scripture for today: Jesus said, “Launch out into the deep and let down your nets for a catch” (Luke 5:4).

Write today’s scripture in your journal.

What does it mean? The Lord invites us to come to Him and receive everything we need and we sheepishly hold out a thimble to carry home our blessings. It may not be poor self image keeping us from receiving what the Lord has for us. It may be that we don’t really expect to receive much. What do you expect to receive from God?

Jesus told Peter to trust Him—to launch out into the deep water and let down his nets. Peter, an experienced fisherman, knew he had worked all night and caught nothing. His mind and circumstances said there were no fish to be caught that day, but to appease the Teacher he agreed to let down one net. I doubt he even launched out very far from where they were. As you know, so many fish were caught that Peter’s net broke and they filled two boats to the point of sinking. What would have happened if Peter had launched out into the deep and let down all their nets?

Is the Lord asking you to trust Him? Is He asking you to launch out into the deep and let down your “nets” for a haul? What is keeping you from taking action? Are you, like Peter, looking at the seeming impossibility of the situation you face? Perhaps Peter thought he was going to have to entice the fish to swim into the net himself, but he didn’t. The supernatural is God’s responsibility. At the word of the Lord, let down your nets for a huge, boat-sinking catch. He will fill it!

Today I proclaim (say aloud): I launch out into the deep and embrace all the Lord has for me today. I expect great things of my God and King. I am not conformed to this
world, but I am being transformed by the renewing of my mind. By God’s grace I am proving that good and acceptable and perfect will of God. *(Praise the Lord for who He is and for filling your “nets!”)*

*What is the Lord saying to me in this scripture? (Journal)*

*I start the day with a clean slate (Confession. Use as needed – see Day One).*

*I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)*

*Prayer:* I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends *(Journal).*

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas *(Journal).*

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner *(Journal)*

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today: (Journal)*

*My Top Three Goals this Year Are: (Journal)*

*Three Things I commit to do today: (Journal)*

*I commit my day to the Lord.* Lord, with You all things are possible, so I’m not afraid to launch out into the deep. When You tell me to take a step of faith and trust You today, I’ll do it. No more thimble-fulls for me! My nets are clean, mended and ready for boatloads of Your grace, truth and love. I receive them by faith and step forward with boldness today!  *Reflections on the day (write in your journal tonight or in the morning).*
Day 13 ~ Christian Fitness Program

Bible Reading: Luke chapters 7 through 9

My Scripture for today: Jesus said, "No one, having put his hand to the plow, and looking back, is fit for the kingdom of God" (Luke 9:62).

Write today’s scripture in your journal.

What does it mean? I’ve never physically put my hand to a plow to till the soil, but I’ve put my hand to a number of projects over the years. One of the main objectives when using a plow is to go forward in a straight line. If a farmer continues to look back over his shoulder at what he has already plowed, he’ll start veering off in the wrong direction. I’ve made that mistake while driving, only to catch myself going off onto the shoulder of the road and correcting myself with a quick “Thank You, Jesus!”

The Amplified Bible offers greater clarity to Jesus’ admonition, “No one who puts his hand to the plow and looks back [to the things behind] is fit for the kingdom of God.” If the kingdom of God refers to God’s way of doing things in the here and now, we know He doesn’t want us to be imprisoned by the things of the past. Faith is walking a straight path forward no matter what happened to discourage us ten years ago or ten minutes ago.

Perhaps you’ve looked back with longing to the way your life was when your children were small, or when you were first married; to a long-lost love or the way your body looked when you were 18! The Lord is telling us that dwelling on the past makes us unfit to operate in the kingdom of God today. It’s not that He judges us unworthy, but rather we are unable to act in faith today if we are pausing to consider yesterday. Remember Lot’s wife!²²
Today I proclaim (say aloud): I don’t look back, but I look straight ahead. God is my source of all good. He is able to make all grace abound toward me, that I, always having all sufficiency in all things, may have an abundance for every good work.23

(Praise the Lord for who He is and for setting His joyous purpose before you.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)

I commit my day to the Lord. I entrust my day to You, Lord. I keep my focus on Jesus, the Author and Finisher of my faith. I look straight ahead knowing Your Word is a lamp to my feet and a light to my path. If I stumble, I will not fall, for I know You will lift me up. Reflections on the day (Write tonight or the next morning in your journal).
Day 14 ~ Christian Fitness Program

*Bible Reading:* Luke chapters 10 through 13

*My Scripture for today:* Jesus said, "Where your treasure is, there your heart will be also" (Luke 12:34).

*Write today’s scripture in your journal.*

*What does it mean?* Notice Jesus didn’t say “Where your heart is, there your treasure will be also.” He said for us to focus on what we treasure, and then we’ll find what our heart truly values.

As followers of Christ, our relationship with the Lord is our dearest treasure. The presence of the Holy Spirit and the Word we’ve stored in our hearts are treasures we have in these “earthen vessels.” Our relationships with loved ones are dear to us, but putting God first ensures all other relationships will go more smoothly. By focusing on the eternal treasure of our lives in Christ and valuing those things the Lord values; we will never be spiritually bankrupt.

Those who do not have a personal relationship with God have other treasures: people, possessions, money, power, reputation, sports, education, religion, and a host of other things to which they attach their self-worth and security.

When I was involved in yoga and the New Age movement before I became a follower of Jesus Christ, I shunned people who condemned me, but embraced those Christians who seemed genuinely interested in me. One day a Christian man who showed appreciation for my “spiritual” songs said, “You know Laurette, Jesus is the Word of God.” I was willing to listen to him because he wasn’t a stranger lecturing me on my sinful lifestyle. His words reverberated in my mind for weeks and I committed my life to the Lord shortly thereafter.
One way to show the love of God to unbelievers is to ask the Lord to reveal to you what they treasure, for then you will have a door to their heart. Show interest and side with them in the area of their treasure and look for ways to share the good news of Jesus Christ.

*Today I proclaim (say aloud):* Jesus is my treasure and my portion forever. Thank You Father for sharing Your dearest treasure, Your Son, to redeem mankind and give us new life. (*Praise the Lord for who He is and for helping you speak to the hearts of others with His love.*)

*What is the Lord saying to me in this scripture?* *(Journal)*

*I start the day with a clean slate* *(Confession. Use as needed – see Day One).*

*I start the day with a clean heart* *(Forgiveness. Use as needed – see Day One.)*

*Prayer:* I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends *(Journal).*

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas *(Journal).*

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner *(Journal)*

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* *(Journal)*

*My Top Three Goals this Year Are:* *(Journal)*

*Three Things I commit to do today:* *(Journal)
I commit my day to the Lord. Thank You, Lord, for giving me the key into the hearts of people who are hungry and searching for You. As I go about my day today, please give me the opportunity to shine the light of Your love into their lives so they will be drawn to You.

Reflections on the day (Write tonight or the next morning in your journal).

Day 15 ~ Christian Fitness Program

Bible Reading: Luke chapters 14 through 18

My Scripture for today: Jesus said, "Were there not any found who returned to give glory to God except this foreigner? Arise, go your way. Your faith has made you well" (Luke 17:18, 19).

Write today’s scripture in your journal.

What does it mean? In the King James retelling of the ten lepers’ encounter with Jesus, the Lord told the one who returned to give thanks, “Arise, go thy way: thy faith hath made thee whole.” All ten were cleansed of their leprosy “as they went” in obedience to what Jesus told them to do, but one was made completely whole when he came back to glorify and give thanks to God. In my mind, that means all ten were healed of leprosy, but nine may still have shown the scars of their sickness. Lepers often had missing fingers and parts of their faces and bodies eaten away by that horrible disease. I believe the one who fell at Jesus’ feet and gave thanks was totally restored without a trace of leprosy.
Thanksgiving and glorifying God brings wholeness of spirit, soul and body.

Wholeness is the Hebrew understanding of peace (shalom): nothing missing, nothing broken.

Our position in Christ gives us access to His peace and wholeness in every area of our lives—nothing missing, nothing broken. So, arise! Your faith in Christ has made you whole.

And if you are standing in faith believing for the complete physical manifestation of the healing you’ve received, just keep on “wenting” (doing those things the Lord is telling you to do!). Your faith WILL bear fruit!

*Today I proclaim (say aloud)*: I am alive in Christ! I thank You Father God for giving Your Son Jesus so we can experience the shalom of God—nothing missing, nothing broken. I delight in giving thanks to God. In fact, Father I want to thank You for three of the biggest blessings in my life: _______________, _______________, and _______________. *(Praise the Lord for who He is and for the blessings most of us have taken for granted.)*

*What is the Lord saying to me in this scripture? (Journal)*

*I start the day with a clean slate (Confession. Use as needed – see Day One).*

*I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)*

*Prayer*: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends *(Journal)*.

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas *(Journal)*.
Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)

I commit my day to the Lord. I rejoice in the Lord always. I stir up thankfulness in my heart today. Lord, as I go about my day, please remind me of the many blessings in my life. I commit my will and my life to You.

Reflections on the day (Write tonight or the next morning in your journal).

Day 16 ~ Christian Fitness Program

Bible Reading: Luke chapters 19 through 22

My Scripture for today: “And He took bread, gave thanks and broke it, and gave it to them, saying, ‘This is My body which is given for you; do this in remembrance of Me.’ Likewise He also took the cup after supper, saying ‘This cup is the new covenant in My blood, which is shed for you’” (Luke 22:19, 20).

Write today’s scripture in your journal.
What does it mean? Different churches celebrate communion in different ways. Some have communion every week, some once a month, others only once or twice a year. In the early church the celebration of the Lord’s Supper was not an occasional event. Believers were “continuing daily with one accord in the temple and breaking bread from house to house” (Acts 2:46). Communion took place in the homes on a regular basis, wherever believers were present.

Paul seems to suggest there is no set schedule when we must take communion. “For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes” (1 Corinthians 11:26). Proclaiming His death is also proclaiming the reason for His death and the truth of His glorious resurrection until He comes again.

If you would like to learn more about the blessing of communion, I highly recommend several resources offered by Rev. Perry Stone of Voice of Evangelism Ministries. One is his book entitled, “The Meal that Heals” which you may order from Voice of Evangelism at [http://voe.org](http://voe.org). A DVD and portable communion kit are also available. I take the kit with me when I travel. It is also convenient for sharing communion with a loved one in the hospital.

Today I proclaim (say aloud): Jesus gave His body and precious blood to redeem mankind, to deliver us from the power of darkness and sin and translate us into His kingdom of light and love. I am grateful beyond words for His sacrifice and I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes. *(Praise the Lord for who He is and for the life-giving covenant He gave us, sealed by the blood of Jesus.)*

What is the Lord saying to me in this scripture? (Journal)

*I start the day with a clean slate* (Confession. Use as needed – see Day One).

*I start the day with a clean heart* (Forgiveness. Use as needed – see Day One.)
Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

My Food Plan I commit to today:
Breakfast, Snack, Lunch, Snack, Dinner (Journal)

Tummy Curfew: I commit to stop eating by 3 hrs. before bedtime.

My Exercise Plan I commit to today: (Journal)

My Top Three Goals this Year Are: (Journal)

Three Things I commit to do today: (Journal)

I commit my day to the Lord. Lord, as I give You my day, I give thanks anew for the life You have given me in Christ. Without You I am nothing—but with You all things are possible!

Reflections on the day (Write tonight or the next morning in your journal).

Day 16 ~ Christian Fitness Program

Bible Reading: Luke chapter 23 through John chapter 2

My Scripture for today: “His mother (Mary) said to the servants, ‘Whatever He says to you, do it’” (John 2:5).
Write today’s scripture in your journal.

What does it mean? At the beginning of Jesus’ ministry, Mary knew better than anyone else that her Son was more than just a man. When the wedding hosts ran out of wine Mary believed that her Son could help. She told Him, “They have no wine.” A casual reading of Jesus’ reply might cause us to think He was being insensitive or abrupt with His mother by saying, “Woman, what does your concern have to do with Me? My hour has not yet come.” However, the Weymouth translation gives greater clarity and seems in keeping with the character of our Lord. “‘Leave the matter in my hands,’ He replied; ‘the time for me to act has not yet come.’”

Immediately Mary told the servants, “Whatever He says to you, do it.”

Have you found yourself asking, “When, Lord, when?” or “Why, Lord, why?” It may seem He is not acting on some pressing issue. You may wonder if He even cares. I have good news for you today. The One who measures the oceans in the hollow of His hand knows the weight of every matter which concerns you. He knows the exact moment to take action. God’s timing is not our timing because His timing is always perfect.

Cast the whole of your care on the Lord today and hear Him say to you, “Leave the matter in My hands. The time for Me to act has not yet come.” Then whatever He tells you to do in His Word and in your heart, do it.

Today I proclaim (say aloud): “Those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

I wait on the timing of the Lord, letting patience have its perfect work in me that I may be perfect and complete, lacking nothing. (Praise the Lord for who He is, for His perfect timing and for perfecting everything that concerns you.)
What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

*Prayer:* I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

_Tummy Curfew:_ I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today: (Journal)*

*My Top Three Goals this Year Are: (Journal)*

*Three Things I commit to do today: (Journal)*

*I commit my day to the Lord.* Lord, whatever You tell me to do I will do. I will not race out ahead of Your perfect timing, nor will I lag behind. My life is in the safest of all possible places: Your hands.

*Reflections on the day (Write tonight or the next morning in your journal).*
Day 18 ~ Christian Fitness Program

*Bible Reading:* John chapters 3 through 6

*My Scripture for today:* "Then Jesus said to the twelve, ‘Do you also want to go away?’ But Simon Peter answered Him, ‘Lord, to whom shall we go? You have the words of eternal life’” (John 6:67, 68).

*Write today’s scripture in your journal.*

*What does it mean?* Jesus, the Bread of Life, had just finished teaching at the synagogue in Capernaum where He said, “Whoever eats My flesh and drinks My blood has eternal life.” At this point there were more than 12 followers of Christ. Other men and women and their families traveled with Him. Yet when they heard this difficult teaching many of them grumbled and were offended. From that point on those who had only followed Jesus because of the signs and wonders He performed went back to their old lives.

New converts and immature Christians can become quickly offended. Jesus spoke of this in His parable of the sower. The seed of the Word which fell on the stony ground (representing new or immature believers) sprang up quickly but withered away. There were no “roots” to their faith. “They believe for a while,” Jesus said, “and in time of temptation fall away.”

Disciples, however, consider Jesus to be more than “fire insurance.” To them He is not only Savior, but Lord and Master over *all* aspects of their lives. Peter saw more than signs and wonders when he saw Jesus. He saw the One who has “the words of eternal life.” No matter how hard the sayings of Jesus were, he and the other disciples knew there was no one like Him.
Even though they made mistakes and stumbled, the ones who continued on with Jesus bore fruit like the seed sown on good ground. “Having heard the word with a noble and good heart (they) keep it and bear fruit with patience.”

*Today I proclaim (say aloud):* I am a disciple of the Lord Jesus Christ. I follow Him because He has the words of eternal life. I give attention to God’s words; I incline my ear to His sayings. I do not let them depart from my eyes. I keep them in the midst of my heart; for they are life to me and health to all my flesh. *(Praise the Lord for who He is and for His eternal Word.)*

*What is the Lord saying to me in this scripture? (Journal)*

*I start the day with a clean slate (Confession. Use as needed – see Day One).*

*I start the day with a clean heart (Forgiveness. Use as needed – see Day One).*

*Prayer:* I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends *(Journal).*

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas *(Journal).*

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner *(Journal)*

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* *(Journal)*

*My Top Three Goals this Year Are:* *(Journal)*

*Three Things I commit to do today:* *(Journal)*
I commit my day to the Lord. I love You, Lord and cherish Your words of life. I will let nothing come between us. Thank You for Your perfecting hand at work in my life today.

Reflections on the day (Write tonight or the next morning in your journal).

Day 19 ~ Christian Fitness Program

Bible Reading: John chapters 7 through 11

My Scripture for today: Jesus said, "If you abide in My word, you are My disciples indeed. And you shall know the truth and the truth shall make you free" (John 8:31, 32).

Write today’s scripture in your journal.

What does it mean? Some years ago I overheard the ultra-hip young star of a popular network sitcom tell his young friend, “Hey, the truth will make ya free, man.” Yeah, like wow.

That may sound deep and spiritual but it’s not only misquoting scripture, it’s incorrect. If someone does not know the truth, the truth cannot make them free. Jesus said, “And you shall know the truth…” It’s the truth that we come to know by abiding in the Word that makes us free.

Jesus said when praying to the Father, “Your word is truth.” We will know the truth by abiding (living, spending time) in the Word on a daily basis. I would be fooling myself if I said I’m abiding in a house I rarely visit. It would be equally foolish to say I’m abiding in the Word because I listen to a passage of Scripture once a week at church.

When I was a new Christian, there were so many areas of lack and bondage in my life I hardly knew where to begin! One area of weakness was in the area of
diligence. I could start a project all right, but had a difficult time finishing what I started. I began to study every scripture I could find on diligence. I memorized several of them and spoke them over myself. For example, I learned that Proverbs 12:27 said that “diligence is man’s precious possession.” When I would be tempted to quit something that became difficult or uncomfortable, I’d tell myself, “Diligence is my precious possession.” For good measure I’d throw in “The hand of the diligent makes (one) rich, Laurette.” I quickly discovered that part of my financial problem was tied to a lack of diligence. In time I became more dependable and our financial situation improved, too.

The Word is not some “magic formula” or vain repetition. We study, believe, speak, and act upon the Word until we know that we know it’s the truth. That’s how the truth makes us free.

Today I proclaim (say aloud): I study to show myself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth which sets me free. (Praise the Lord for who He is and for giving you knowledge and understanding of the truth.)

What is the Lord saying to me in this scripture? (Journal)

I start the day with a clean slate (Confession. Use as needed – see Day One).

I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)

Prayer: I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (Journal).

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).
Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

**My Food Plan I commit to today:**

Breakfast, Snack, Lunch, Snack, Dinner *(Journal)*

**Tummy Curfew:** I commit to stop eating by 3 hrs. before bedtime.

**My Exercise Plan I commit to today:** *(Journal)*

**My Top Three Goals this Year Are:** *(Journal)*

**Three Things I commit to do today:** *(Journal)*

*I commit my day to the Lord.* I pray to know Your truth more fully every day.

*Reflections on the day (Write tonight or the next morning in your journal).*

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**Day 20 ~ Christian Fitness Program**

**Bible Reading:** John chapters 12 through 16

*My Scripture for today:* Jesus said, “I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing” *(John 15:5).*

*Write today’s scripture in your journal.*

*What does it mean?* Just as the branches cannot bear fruit without the vine, the vine cannot bear fruit without the branches.

What is the fruit of the Christian life? We have discussed the fruit of the Spirit being developed in our lives (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control*[^33]*). There’s the fruit of leading others to the

[^33]: For more information on the fruit of the Spirit, see *Galatians* 5:22-23.
Lord,\textsuperscript{34} and the fruit of giving aid and finances to help others.\textsuperscript{35} The sacrifice of praise to God is offering “the fruit of our lips.”\textsuperscript{36} Good works and meeting the needs of others for the glory of God also bear fruit.\textsuperscript{37}

The beauty of bearing fruit in the Lord’s vineyard is that the harvest is continual, not seasonal. The fruit is not short-lived, nor does it wither and die. The fruit we bear by abiding in the Vine is eternal. Jesus said, “And he who reaps receives wages, and gathers fruit for eternal life, that both he who sows and he who reaps may rejoice together” (John 4:35).

Perhaps you have been sowing seeds of love and service into the lives of others for years without seeing the fruit of your labors. You may wonder if that young man or young woman you witnessed to all those years ago ever came to the Lord. The good news is that eternal fruit never dies—the one who sows and the one who reaps will rejoice together—so rejoice!

\textit{Today I proclaim (say aloud):} I am a branch of the living Vine, Jesus Christ. I abide in Him and He abides in me. Together we bear much fruit. Without Him I can do nothing, but with Him all things are possible! (\textit{Praise the Lord for who He is and for the opportunities He gives you to sow seeds into the lives of others, yielding eternal fruit for God’s kingdom.})

\textit{What is the Lord saying to me in this scripture? (Journal)}

\textit{I start the day with a clean slate (Confession. Use as needed – see Day One).}

\textit{I start the day with a clean heart (Forgiveness. Use as needed – see Day One.)}

\textit{Prayer:} I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends (\textit{Journal}).
I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas (Journal).

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner (Journal)

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* (Journal)

*My Top Three Goals this Year Are:* (Journal)

*Three Things I commit to do today:* (Journal)

*I commit my day to the Lord.* Lord, help me realize that this is not “just another day.” Every day in You is an adventure. I am vitally connected to You, and as your branch I reach out to touch the lives of others with Your message of love and hope. I love You, Jesus. Let’s go out and gather some fruit for eternal life today!

*Reflections on the day (Write tonight or the next morning in your journal).*

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**Day 21 ~ Christian Fitness Program**

*Bible Reading:* John chapters 17 through 21

*My Scripture for today:* Jesus said, “Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed” (John 20:29).
Write today’s scripture in your journal.

What does it mean? God’s Word tells us, “the just shall live by faith,” yet many of us still live by what we see and feel. Feelings are fleeting. What is seen is only temporary.

The Weymouth translation of Hebrews 11:3 states, “Through faith we understand that the worlds came into being, and still exist, at the command of God, so that what is seen does not owe its existence to that which is visible.” What we see is made of the substance of faith, so it is vital to our existence to become conversant in the language of faith contained in the Word of God.

Those who believe in what they have not yet seen are blessed because their faith is based on something higher than physical circumstances. Facts are subject to change. Truth is higher than facts and cannot be changed. What science may call “magical thinking,” Christianity calls faith. It is the substance of things hoped for and the evidence of things not seen.

My favorite definition of “blessed” is this: “empowered to break through to success.” Jesus is saying that you who believe are blessed. You are empowered by God to break through to success in every area of your life. The Amplified Bible in I Chronicles 14:11 calls God “the Lord of breakthrough.” Breakthrough is His specialty. He will not let you be ashamed that you put your trust in Him. “For the eyes of the Lord run to and fro throughout the whole earth to show Himself strong on behalf of those whose heart is loyal to Him.” You cannot fail!

Today I proclaim (say aloud): Jesus said I am blessed because I believe even though I have not fully seen. Being blessed, I am empowered by God to break through to success. I’m stepping up and stepping out in faith. I am stronger than I was 21 days
ago. With God all things are possible. Hallelujah! *(Praise God for who He is and for being the Lord of your breakthrough!)*

*What is the Lord saying to me in this scripture? (Journal)*

*I start the day with a clean slate* *(Confession. Use as needed – see Day One).*

*I start the day with a clean heart* *(Forgiveness. Use as needed – see Day One.)*

*Prayer:* I pray for the leaders of our nation and those in authority. I pray for the peace of Jerusalem and for the safety and effectiveness of our military at home and overseas. I now lift up the needs of my family and friends *(Journal).*

I offer up my personal prayers today. Lord, I pray for Your help and guidance in these areas *(Journal).*

Jesus said, “Whatever things you ask when you pray, believe that you receive them, and you will have them.” I believe I receive the answer to my prayers now. Thank You, Father!

*My Food Plan I commit to today:*

Breakfast, Snack, Lunch, Snack, Dinner *(Journal)*

*Tummy Curfew:* I commit to stop eating by 3 hrs. before bedtime.

*My Exercise Plan I commit to today:* *(Journal)*

*My Top Three Goals this Year Are:* *(Journal)*

*Three Things I commit to do today:* *(Journal)*

*I commit my day to the Lord.* Lord, I trust You to help me continue to develop these healthier new habits I’ve been walking in the last few weeks. My body is the temple of Your Holy Spirit and it is my joy to glorify You in my body and in my spirit, which are Yours.

*Reflections on the day* *(Write tonight or the next morning in your journal).*
You did it! But don’t stop now – keep going! Here’s how:

1. Invest time with the Lord every day.
2. Commit your day to the Lord (along with a daily fitness plan, if you’d like)
3. Incorporate daily exercise into your life.
4. Make healthy food choices for yourself and your family.
5. Claim the promises of God from His Word for yourself.
6. Speak the Word of God out of your mouth and walk in the truth of it.
7. Share this newfound freedom with others and remember—“Therefore, if the Son makes you free, you shall be free indeed!” (John 8:36)

If you haven’t already done so, subscribe to our free PraiseMoves FitNews enewsletter at [http://PraiseMoves.com](http://PraiseMoves.com).

Hear ongoing free Christian Fitness Teleseminars (with access to archived calls): [http://ChristianFitnessTeleseminar.com](http://ChristianFitnessTeleseminar.com).

If this Christian Fitness Program has been a blessing to you, I’d love to receive your testimony. You may Contact me at [http://praisemoves.com/contact](http://praisemoves.com/contact).

We do give-aways of PraiseMoves DVDs several times a year for the Testimonies we receive—and we’ve got some wonderful testimonies, glory to God!

You may see Testimonies here: [http://praisemoves.com/testimonies](http://praisemoves.com/testimonies)

Keep in touch and let us know how we may be of service to you.

May God richly bless you! He is able and YOU are loved!!!
Laurette

PraiseMoves Foundation Scripture: “For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s” (1 Corinthians 6:20).
The 21-Day Christian Fitness Program notes

1. 1 Timothy 2:1, 2
2. Psalm 122: 6-9
3. Mark 11:24
5. 2 Corinthians 5:21
6. Hebrews 11:6
7. 2 Corinthians 3:18
8. Psalm 19:14
9. Matthew 9:22; Mark 5:34, 10:52; Luke 8:48; 17:19
10. Mark 6:5, 6
11. Hebrews 4:16
12. 2 Corinthians 10:5
13. 2 Corinthians 2:11
14. Ephesians 3:16
15. 1 Peter 5:6, 7
16. Mark 10:27
17. 1 John 4:8, 16
18. John 3:16
19. Galatians 5:6
20. 1 John 4:18
21. 1 Corinthians 13:8
22. Luke 17:32 (Jesus is referring to Genesis 19:26 when Lot’s wife looked back at the destruction of Sodom and Gomorrah and turned into a pillar of salt.)
An Invitation to Receive Jesus Christ as Your Savior

23 2 Corinthians 9:8
24 John 2: 4, Weymouth New Testament in Modern English
25 Isaiah 40:31
26 James 1:4
27 Luke 8:13
28 Luke 8: 15
29 Proverbs 4:20-22
30 John 17:17
31 Proverbs 10:4
32 2 Timothy 2:15
33 Galatians 5:22
34 John 4:35, 36
35 Philippians 4:17
36 Hebrews 13:15
37 Titus 3:14
38 Habakkuk 2:4; Romans 1:17; Galatians 3:11; and Hebrews 10:38
39 2 Chronicles 16:9