

Day 1

Spiritual: Ask and Answer

Read 2 Corinthians 13:11 - How am I encouraging others? How am I living in peace? Who can I encourage this week? (need to act on it)

Thought for the day:

Happy moments.....Praise God
Difficult moments.....Seek God
Quiet moments.....Worship God
Painful moments.....Trust God
Every moment.....Thank God

Physical:

Getting and staying fit can be a challenge. For many of us, it's hard just to get up off the couch. So what's the secret of people who have managed to make exercise a way of life? Be Consistent; Follow an Effective Exercise Routine, Set Realistic Goals, Make Your Plan Fit Your Life, Be Happy, Watch the Clock, Get Inspired, Be Patient

Let's start simple today: Get some fresh air. Walk to the end of your driveway and back a couple of times or if you have a dog, it's a good time for you both to get some exercise.

Health:

Drink a refreshing glass of water!

Water helps keeps your weight down and energy up.

Sing a Song of Praise:

Jesus Loves Me

Smile of the Day:

A mom was reading a book recently.

Son: "Mama."

Mom: Yes, honey? *distracted*

Son: "Mama, look at me!"

Mom: *looks at his grinning face, 6 inches from hers*

Son: "SMILE at me!"

How can you resist that?

Pray:

Dear Heavenly Father. As I enter into this New Year, I know that life is going to be full of moments; some good, some bad, some easy, some hard. Thank you so much that in ALL of my moments you have promised to be there with me. Help me to remember your promises and that I can live in peace. I love you Jesus, in Your name I ask, In Your name I pray, Amen.

Note Taking, Prayer Requests, Answers to Prayer

Day 2

Spiritual: Ask and Answer

Read 1 John 1:9, Ephesians 4:32 - Have I confessed my sins today? Who haven't I really forgiven?

Thought for the day:

Six Ethics for Life

Before you pray - Believe

Before you speak - Listen

Before you spend - Earn

Before you write - Think

Before you quit - Try

Before you die- Live

By: www.awesome4u.com

Physical:

Why we don't exercise: "I'm too old to start exercising," "I'm too fat," or "My health isn't good enough." It's never too late to start building your strength and physical fitness, even if you're a senior or a self-confessed couch potato who has never exercised before.

Be a stair master: Today go up and down any flight of stairs 2x for an extra boost in your day.

Health:

Did you remember your glass of water yesterday? Give up a sugary dessert at lunch time Don't forget to drink a glass of water today.

Sing a Song of Praise:

Amazing Grace

Smile of the Day:

Miss 4 wanted some of my lunch to try, to see what it tastes like. So I gave her some, and she said "I tasted it and it tasted like what it tastes like."

Pray:

Dear Heavenly Father. Thank you for another day to live. Thank you, that even though I make mistakes and have fallen short of your glory, you have promised me forgiveness. Help me to remember to be just as forgiving to those who have hurt me and made mistakes themselves. I want to live my life as a light for you. I love you Jesus, in Your name I ask, In Your name I pray, Amen.

Note Taking, Prayer Requests, Answers to Prayer

Day 3

Spiritual: Ask and Answer

Read Galatians 6:10 - Who can I do something friendly for, this week, outside my home? (need to act on it)

Thought for the day:

5 Ways to Love

1. Listen without interrupting (Proverbs 18)
2. Speak without accusing (James 1:19)
3. Give without spearing (Proverbs 21:26)
4. Pray without ceasing (Colossians 1:9)
5. Answer without arguing (Proverbs 17:1)

By: WOW Worship

Physical:

Let's take a break today. How about some tips for today?

Take it slow. Start with an activity you feel comfortable doing, go at your own pace, and keep your expectations realistic.

Go easy on yourself. Do you feel bad about your body? Instead of being your own worst critic, try a new way of thinking about your body. No matter what your weight, age, or fitness level, there are others like you with the same goal of exercising more.

Health:

How are we doing with our water intake? Let's try to remember that glass of water today!

Sing a Song of Praise:

This Little Light of Mine

Smile of the Day:

~ Anyone who thinks the art of conversation is dead ought to tell a child to go to bed. ~ Robert Gallagher

Pray:

Dear Heavenly Father, Thank you for a new day. Please go before me and clear the way. Thank you for protecting me. Thank you for guiding me. Thank you for loving me. I love you Jesus, In Your name I ask, In Your name I pray, Amen.

By: #smokeymtchristian

Note Taking, Prayer Requests, Answers to Prayer

Day 4

Spiritual: Ask & Answer

Read Micah 6:8 - Have I been humble this week? When? Have I walked justly?

Thought for the day:

5 Ways to Love

1. Share without pretending (Ephesians 4:15)
2. Enjoy without complaint (Philippians 2:14)
3. Trust without wavering (1 Corinthians 13:7)
4. Forgive without punishing (Colossians 3:13)
5. Promise without forgetting (Proverbs 13:12)

By: WOW Worship

Physical:

Sit to stand: Go from sitting to standing to sitting again, 10 times in a row. Rest for a minute, then repeat. Works the quadriceps in the front of the thigh and gluteal muscles in the buttocks, which helps protect your ability to get up from a chair, out of a car, or off a bathroom seat. (good for evening time, when watching TV)

Health:

How about that glass of water? Let's add some fruit today and remember your water!

Sing a Song of Praise:

Rejoice in the Lord Always

Smile of the Day:

A mother was telling her little girl what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods."

The little girl was wide-eyed, taking this in. At last she said, "Mom, I sure wish I'd gotten to know you sooner!"

Pray:

Dear Heavenly Father. Help me as I go about my day to remember the simple things in life You have given for my enjoyment. Help me to be thankful for what You have given me and to stay humble. For the blessings You have given me are for me because You care about me. Thank You for loving me today and always. I love You Jesus, in Your name I ask, In Your name I pray, In Your name I pray, Amen.

Note Taking, Prayer Requests, Answers to Prayer

Day 5

Spiritual: Ask & Answer

Read Ephesians 6:10 -11- Ask & Answer: Do I know the armor of God? (try to name it) How can I wear the armor this week?

Thought for the day:

GOD: *Designed me,*
Created me,
Blesses me,
Heals me,
Defends me,
Forgives me, LOVES ME!

Physical:

Stress Relief - Exercise can be a great way to relieve stress, releasing endorphins which will improve your mood. The next time you feel stressed or tired; try doing an exercise you enjoy.

Health:

Eat a salad with lunch or dinner.

Benefits of drinking water: Increases Energy & Relieves Fatigue
Remember your water today!

Sing a Song of Praise:

Onward Christian Soldiers

Smile of the Day:

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me, and she was always correct. But it was fun for me, so I continued. At last she headed for the door, saying sagely, "Grandma, I think it's time for you to try to figure out some of these yourself!"

Pray:

Dear Heavenly Father. Thank You for creating me and being with me each day. Thank You for teaching me about the armor of God and how I can wear it each day. As I go about today help me to remember my armor and know the devil can't get to me because You defend me. I'm so glad to have a friend like You. I love You Jesus, in Your name I ask, In Your name I pray, Amen.

Note Taking, Prayer Requests, Answers to Prayer