

SUN	MON	TUE	WED	THU	FRI	SAT
IDENTIFY AREAS WHERE YOU NEED GOD’S STRENGTH AND PRAY.	REFLECT ON UNSEEN BATTLES AND PRAY FOR SPIRITUAL AWARENESS.	READ AND MEDITATE ON A TRUTH-FILLED SCRIPTURE PASSAGE.	MAKE ONE DECISION ALIGNED WITH RIGHTEOUSNESS TODAY.	PRACTICE PEACE BY ADDRESSING A CONFLICT CALMLY AND PRAYERFULLY.	WRITE DOWN THREE WAYS GOD HAS STRENGTHENED YOUR FAITH.	RECITE AND INTERNALIZE A VERSE ABOUT SALVATION.
MEMORIZE A KEY SCRIPTURE FOR SPIRITUAL READINESS.	SPEND FIVE MINUTES PRAYING FOR GUIDANCE AND SPIRITUAL ALERTNESS.	REACH OUT TO A FRIEND FOR MUTUAL SPIRITUAL ENCOURAGEMENT.	JOURNAL ABOUT A TIME GOD PROTECTED YOU FROM HARM.	COMMIT TO ONE FAITHFUL ACT TODAY DESPITE CHALLENGES.	RECALL AND WRITE DOWN A PROMISE THAT UPLIFTS YOU.	WRITE THREE SENTENCES AFFIRMING YOUR FAITH TO PERSEVERE.
REFLECT ON GOD’S PROMISES AND SPEAK THEM ALOUD.	PRACTICE PATIENCE DURING A DIFFICULT MOMENT TODAY.	PRAY FOR GOD’S PEACE TO GUARD YOUR THOUGHTS.	AFFIRM YOUR IDENTITY IN CHRIST WITH POSITIVE SELF-TALK.	LIST THREE THINGS YOU ARE GRATEFUL FOR TODAY.	IDENTIFY ONE DISTRACTION TO LET GO AND FOCUS ON FAITH.	SET ASIDE TIME FOR DEEP REST AND REFLECTION IN GOD.
SPEND TIME READING SCRIPTURE FOR INSIGHT AND STRENGTH.	RELEASE A WORRY AND TRUST GOD WITH THE OUTCOME.	TAKE AN ACTION STEP IN OBEDIENCE TO GOD’S WILL.	PERFORM A TANGIBLE ACT THAT EXPRESSES YOUR FAITH TODAY.	REFLECT ON GOD’S LOVE AND SHARE IT WITH SOMEONE.	SMILE AND THANK GOD FOR HIS JOY IN YOUR LIFE.	SHARE AN INSPIRING BIBLE VERSE WITH A FRIEND.

PRAY AND RELEASE ANY LINGERING RESENTMENT OR UNFORGIVENESS.	SET A NEW GOAL TO STRENGTHEN YOUR FAITH JOURNEY.
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Equipped for Battle