# Kransformation Journal



# "Connected to Wellness"

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

#### SMALL GROUP MEMBERS

NAME	NAME	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:
NAME	NAME	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:

Plan now to use your Transformation Journal daily. The following ways will help you receive the maximum benefits from your journal.

#### **YEARLY**

- \*List miracles, blessings and significant events from the following year
- \*Write your GOALS for the upcoming year.

#### **MONTHLY**

\*List your GOALS FOR THE MONTH.

#### WEEKLY

- \*For the current week, list your WEEKLY GOALS.
- \*Write down each Small Group member stated weekly prayer request in the SMALL GROUP

#### MEETING REQUESTS.

- \*Write down a memory verse to remember.
- \*At the end of each week, examine your goal list and check off those goals which you completed.
- \*Write down sermon notes and ideas.

#### DAILY

#### AT THE BEGINNING OF EACH DAY:

- \*Write down an affirmation for the day to remember for that day (suggestions in the back of journal).
- \*Set your goals for the day using the DAILY LIST TOP 10. (at the end of the journal).

#### AT THE END OF THE DAY:

- \*Record goals you have achieved.
- \*Write down any blessing, prayers answered, significant events or ideas.
- \*Write down any positive things that have happened for that day.
- \*List one thing that you are thankful for.

#### SIGNIFICANT ACHIEVEMENTS FOR 2013

#### GOALS FOR 2014

#### GOALS FOR 2014

#### YEARLY PLANNER 2014

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3	4
<b>ARY</b>	5	6	7	8	9	10	11
JANUARY	12	13	14	15	16	17	18
r	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
X	2	3	4	5	6	7	8
FEBRUARY	9	10	11	12	13	14	15
FEBF	16	17	18	19	20	21	22
	23	24	25	26	27	28	1
	2	3	4	5	6	7	8
Н	9	10	11	12	13	14	15
MARCH	16	17	18	19	20	21	22
Σ	23	24	25	26	27	28	29
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
SIL.	13	14	15	16	17	18	19
APRIL	20	21	22	23	24	25	26
	27	28	29	30	1	2	3
	4	5	6	7	8	9	10
X	11	12	13	14	15	16	17
MAY	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
JUNE	15	16	17	18	19	20	21
ſ	22	23	24	25	26	27	28
	29	30					

#### YEARLY PLANNER 2014

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4	5
JULY	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
<b>.</b>	3	4	5	6	7	8	9
AUGUST	10	11	12	13	14	15	16
AU	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
3.R	7	8	9	10	11	12	13
EMBI	14	15	16	17	18	19	20
SEPTEMBER	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
BER	12	13	14	15	16	17	18
OCTOBER	19	20	21	22	23	24	25
0	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
IBER	9	10	11	12	13	14	15
NOVEMBER	16	17	18	19	20	21	22
Ž	23	24	25	26	27	28	29
	30	1	2	3	4	5	6
S.R.	7	8	9	10	11	12	13
DECEMBER	14	15	16	17	18	19	20
DEC	21	22	23	24	25	26	27
	28	29	30	31			

# January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
	King Ji. Day					
26	27	28	29	30	31	

### Group Meeting Prayer Requests

January 1-4			
January 5-11			
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January 12-18			
January 19-25			

## Group Meeting Prayer Requests

January 26-31	
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#### January 2014

#### **Goals for this Month**

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Pagara	d of Daily Miragles Provers Answer	rered, Successes, Strengths, and Blessings
DATE:	a of Daily Milacles, Prayers Allsw	ered, Successes, Strengths, and Biessings
DATE.		

# January 1-4

Weekly Goals
Memory Verse for Week:
Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
ocurrier for Eay.
Friday Write down Positive Affirmation for Day:
Journal for Day: News Years Day

Journal for Day:		

Saturday Write down Positive Affirmation for Day:

# January 5-11

Weekly Goals
Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Tuesday True down I oshive Affirmation for Day.
Journal for Day
Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

#### January 12-18

# Weekly Goals Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day: Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# January 19-25

## Weekly Goals

		<del>-</del>
		<sup>11</sup> For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11
Sunday	Write	down Positive Affirmation for Day:
Journal fo	or Day:	
Monday	Write	e down Positive Affirmation for Day:
Journal fo	or Day:	
Tuesday	Write	e down Positive Affirmation for Day:
Journal fo	or Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

#### January 26-31

# **Weekly Goals** Memory Verse for Week: <sup>11</sup> For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11 Write down Positive Affirmation for Day: Sunday Journal for Day: Write down Positive Affirmation for Day: Monday Journal for Day: Tuesday Write down Positive Affirmation for Day: Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

# February 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12 Lincoln's	13	14 Valentine's	15
9	10	11	Birthday	13	Day	13
16	17 President's	18	19	20	21	22
	Day					
23	24	25	26	27	28	

### Group Meeting Prayer Requests

February 1			
February 2-8			
February 9-15			
February 16-22			
February 23-28			

### February 2014

#### **Goals for this Month**

Record of Daily Miracles, Prayers Answered, Successes, Strengths, and Blessings  DATE:			
DATE:			
DATE:		<u> </u>	
DATE:		_	
DATE:			
DATE:			
DATE:		Decord of Deily Mireales Drayers Angyer	ared Cuanages Strongths and Diagrings
	DATE.	Record of Dany Milacies, Players Allswe	ered, Successes, Strengths, and Biessings
	DATE:		
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# Memory Verse for Week: Saturday Write down Positive Affirmation for Day: Journal for Day:

## February 2-8

Weekly Goals
<del></del>
Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Tuesday White down Positive Affirmation for Day
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

#### February 9-15

# Weekly Goals Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day: Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# February 16-22

Weekly Goals	
Memory Verse for Week:	
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Tuesday Write down I ostive Affirmation for Day.	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

## February 24-28

Weekly Goals
Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
Mandan White days Desition Affirm ation for Days
Monday Write down Positive Affirmation for Day:
Journal for Day:
To a law With Law Barrier Affirm with fan Daw
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
- <u> </u>
Friday Write down Positive Affirmation for Day:
Journal for Day:

# **March 2014**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 Ash Wednesday	6	7	8
9 Daylight Saving Time Begins	10	11	12	13	14	15
Time Begins						
16	17 St. Patrick's	18	19	20 Spring Begins	21	22
	Day					
23	24	25	226	27	28	29
30	31					

### Group Meeting Prayer Requests

March 1			
March 2-8			
March 9-15			
March 16-22			

### Group Meeting Prayer Requests

March 23-29		
March 30-31		
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### March 2014

### **Goals for this Month**

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Record of Daily Miracles, Prayers Answ DATE:	wered, Successes, Strengths, and Blessings
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# Memory Verse for Week: Saturday Write down Positive Affirmation for Day: Journal for Day:

March 1

### March 2-8

Weekly Goals
Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Two days Write down Desitive Affirmation for Days
Tuesday Write down Positive Affirmation for Day:
Journal for Day:
Tournal for Day.

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### March 9-15

Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Journal for Buy.
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### March 16-22

1	O
2	9
3	10
4	11
5	12
6	13
7	14
Memory Volumes We will be supplied to the Memory Volumes Write down Positive Affirmation for Day:	erse for Week:
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### March 23-29

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Do	Memory Verse for Week:  ay:
Journal for Day:	
Monday Write down Positive Affirmation for D	Day:
Journal for Day:	
Tuesday Write down Positive Affirmation for Do	ay:
Journal for Day:	
	<del>-</del>

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday /Sunday Write down Positive Affirmation for Day:
Journal for Day:

### March 30-31

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Da Journal for Day:	Memory Verse for Week:  ay:
Monday Write down Positive Affirmation for D	Day:
Journal for Day:	

# April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 All Fool's Day	2	3	4	
6	7	8	9	10	11	12
13 Palm Sunday	14	15 Passover Begins	16	17	18 Good Friday	19
20 Easter Sunday	21	22 Earth Day	23	24	25	26
27	28	29	30			

### Group Meeting Prayer Requests

April 1-5		
April 6-12		
April 13-19		
April 20-26		
April 27-30	 	 

### April 2014

### **Goals for this Month**

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		_
	Record of Daily Miracles, Prayers Answer	red. Successes. Strengths, and Blessings
DATE:		
	_	

### April 1-5

# Weekly Goals Memory Verse for Week: Write down Positive Affirmation for Day: Tuesday Journal for Day: Write down Positive Affirmation for Day: Wednesday Journal for Day: Thursday Write down Positive Affirmation for Day: Journal for Day:

Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

### April 6-12

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. J. W. J. D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
January for Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### **April 13-19**

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### **April 20-26**

### Weekly Goals

1

8

		9	
3		10	
4		11	_
5	_	12	_
6		13	
7		14	
Sunday <i>Write down Po</i>	Mositive Affirmation for Day:	emory Verse for Week:	
Journal for Day:			
Monday Write down Po	ositive Affirmation for Day	•	
Journal for Day:			
Transfer Write James De	anition of the Day		
Tuesday Write down Po	ositive Affirmation for Day:		
Tuesday Write down Po	ositive Affirmation for Day:		
	ositive Affirmation for Day:		
	ositive Affirmation for Day:		
	ositive Affirmation for Day:		
	ositive Affirmation for Day:		

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### **April 27-30**

### Weekly Goals

1

8

2	9
3	10
4	11
5	12
6	13
7	14
	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
-	
Tuesday/Wednesday Write down Positive Affirmation for	Day:
Journal for Day:	

## **May 2014**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17 Armed Forces Day
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29 Ascension Day	30	31
	_			j		

### Group Meeting Prayer Requests

May 1-3		
May 4-10		
May 11-17		
May 18-24		
May 25-31	 	 

### May 2014

### **Goals for this Month**

	Record of Daily Miracles Prayers Answer	ered, Successes, Strengths, and Blessings
DATE:		, 2
		-
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### May 1-3

	Weekly Goals
1	8
2	9
3	10
4	11
5	12
6	13
7	14
Thursday Write down Positive Affirmation	Memory Verse for Week: on for Day:
Journal for Day:	
Friday Write down Positive Affirmation j	for Day:
Journal for Day:	
Saturday Write down Positive Affirmation	n for Day:
Journal for Day:	

### May 4-10

### Weekly Goals

1

2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation	for Day
	,o. 2 a., .
Journal for Day:	
-	
Monday Write down Positive Affirmation	of or Day
Monday Write down Positive Affirmation	, for Day.
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation	for Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### May 11-17

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
16 1 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Monday Write down Positive Affirmation for Day:	
Y 10 D	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
Valuation Day.	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### May 18-24

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
16 1 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Monday Write down Positive Affirmation for Day:	
Y 10 D	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
Valuation Day.	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

### May 25-31

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Day:  Journal for Day:	Verse for Week:
Monday Write down Positive Affirmation for Day:  Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# **June 2014**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		10	11	10	12	14 El - D
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19	20	21 Summer
						Begins
22	23	24	25	26	27	28
29	30					

#### Group Meeting Prayer Requests

June 1-7		
June 8-14		
June15-21		
June 22-30		

#### **June 2014**

#### **Goals for this Month**

1		9
2		10
3		11
4		12
5		13
6		14
7		15
8	_	16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
		•

# June 1-7

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Weekly	
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1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
Memory Verse for Week:  Sunday Write down Positive Affirmation for Day:  Journal for Day:		
-		
Monday Write down Positive Affirmation for Day:  Journal for Day:		
Tuesday Write down Positive Affirmation for Day:		
Journal for Day:		

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# June 8-14

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11/00	7 27		
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1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
Memory Verse for Week:  Sunday Write down Positive Affirmation for Day:		
Journal for Day:		
Monday Write down Positive Affirmation for Day:		
Journal for Day:		
Tuesday Write down Positive Affirmation for Day:		
Journal for Day:		

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# June 15-21

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
33 3	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Trionady Tritle down I ostive Hiji mailon jor Day.	
Journal for Day:	
Treaden Write down Positive Affirmation for Day	
Tuesday Write down Positive Affirmation for Day:	
January of Francisco	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

#### June 22-28

1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
Memory Verse for Week:  Sunday Write down Positive Affirmation for Day:		
Journal for Day:		
Monday Write down Positive Affirmation for Day:  Journal for Day:		
Tuesday Write down Positive Affirmation for Day:		
Journal for Day:		

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

#### June 29-30

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Weekl	y Goals

1	8		
2	9		
3	10		
4	11		
5	12		
6	13		
7	14		
Memory Verse for Week:  Sunday Write down Positive Affirmation for Day:			
Journal for Day:			
Monday Write down Positive Affirmation for Day:			
Journal for Day:			

# **July 2014**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Independence Day	5
					Duy	
6	7	8	9	10	11	12
12	14	15	16	17	18	10
13	14	13	10	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# Group Meeting Prayer Requests

July 1-5			
	_		
July 6, 10			
July 6-12			
July13-19			
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July 20-26			
July 20 20			
I1 27 21			
July 27-31			

#### **July 2014**

#### **Goals for this Month**

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	Record of Daily Miracles, Prayers Answ	ered, Successes, Strengths, and Blessings
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#### **July 1-5**

Weekly Goals
Memory Verse for Week:
Tuesday Write down Positive Affirmation for Day:
Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:

Friday Write down Positive Affirmation for Day:			
Journal for Day:			
Saturday Write down Positive Affirmation for Day:			
Journal for Day:			

# July 6-12

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Memory Verse for Week:
Wichiof y verse for week.
Sunday Write down Positive Affirmation for Day:
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Journal for Day.
Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

#### July 13-19

# Weekly Goals Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Write down Positive Affirmation for Day: Monday Journal for Day: Tuesday Write down Positive Affirmation for Day: Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# July 20-26

1	8
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3	10
4	11
5	12
6	13
7	14
Men	nory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. I. W. J. D. W. ACC. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# July 27-31

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
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Monday Write down Positive Affirmation for Day:	
Monady write down I ostive Affirmation for Day.	
Journal for Day:	
To a day White day on Davidina Affirm when for Day	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday	Write down Positive Affirmation for Day:
Journal for	Day:
Thursday	Write down Positive Affirmation for Day:
Journal for	Day:

# August 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# Group Meeting Prayer Requests

August 1-6			
	-		
August 7-13			
August 7-13			
August 14-20			
August 21-27	-		
August 28-30			

#### August 2014

#### **Goals for this Month**

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	_	
	Record of Daily Miracles, Prayers Answ	ered, Successes, Strengths, and Blessings
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# August 1-6

Weekly Goals
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Memory Verse for Week:
Monday Write down Positive Affirmation for Day:
Wollday White down I oshive Hijji mation for Day.
Journal for Day:
Tuesday Write down Positive Affirmation for Day:
Journal for Day:
Wednesday Write down Positive Affirmation for Day:
Journal for Day:

	Write down Positive Affirmation for Day:
Journal fo	r Day:
Saturday	Write down Positive Affirmation for Day:
Journal fo	r Day:

# August 7-13

1	8			
2	9			
3	10			
4	11			
5	12			
6	13			
7	14			
Memory Verse for Week:				
Sunday Write down Positive Affirmation for Day:  Journal for Day:				
Monday Write down Positive Affirmation for Day:				
Journal for Day:				
Tuesday Write down Positive Affirmation for Day:				
Journal for Day:				

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# **August 14-20** Weekly Goals 1 2 3 10 4 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day: Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
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# August 21-27

1	8
2	9
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Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sanday White down I oshive Hijji mailon for Day.	
Journal for Day:	
Monday Write down Desitive Affirmation for Day	
Monday Write down Positive Affirmation for Day:	
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Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# August 28-30

I	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:  Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

# September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	2	3	4	5	6
7 Grandparents Day	8	9	10	11 Patriot Day	12	13
14	15	16	17	18	19	20
21	22 Autumn Days	23	24	25	26	27
28	29	30				

## Group Meeting Prayer Requests

September 1-7			
September 8-14			
September 15-21			
September 22-30			

## September 2014

## **Goals for this Month**

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	Record of Daily Miracles, Prayers Answ	ered, Successes, Strengths, and Blessings
DATE:		
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# September 1-6

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	Memory	Verse for Week:
Monday	Write down Positive Affirmation for Day:	
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Tuesday	Write down Positive Affirmation for Day:	
Journal fo	or Day:	
Wednesdo	ay Write down Positive Affirmation for Day:	
Journal fo	or Day:	

Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

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# September 7-13

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7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation	a for Day:
Saliday "The down I oshive Hymmuno.	yor Day.
Journal for Day:	
Manadana Waita Janas Banitina Affirmati	D
Monday Write down Positive Affirmation	n for Day.
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmatio	ı for Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# September 14-20

1	8
2	9
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4	11
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Memory V Sunday <i>Write down Positive Affirmation for Day</i> :	Verse for Week:
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# September 21-27

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmatio	n for Day:
Journal for Day:	
Monday Write down Positive Affirmation	on for Day:
Journal for Day:	
Tuesday Write down Positive Affirmation	n for Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# September 28-30

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
33 3	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Trionady Tritle down I ostive Hiji mailon for Day.	
Journal for Day:	
Treaden Write down Positive Affirmation for Day	
Tuesday Write down Positive Affirmation for Day:	
January of Francisco	
Journal for Day:	

# October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13 Columbus Day	14	15	16	17	18
1-2	15 00141110410 2419				.,	
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	

# Group Meeting Prayer Requests

October 1-4	
October 5-11	
October 12-18	
October 19-25	
October 26-31	

## October 2014

## **Goals for this Month**

		_
	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
DATE:		
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# October 1-4 **Weekly Goals** 1 2 3 10 4 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Wednesday Journal for Day: Thursday Write down Positive Affirmation for Day: Journal for Day: Friday Write down Positive Affirmation for Day: Journal for Day:

Journal for Day:			

Saturday Write down Positive Affirmation for Day:

# October 5-11

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sunday "The down I oshive Affirmation for Day.	
Journal for Day:	
vouriur ier zuj.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# October 12-18

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation for	or Day:
Journal for Day:	
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Monday Write down Positive Affirmation f	or Day:
January For Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for	or Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# October 19-25

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3	10
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7	14
Sunday White days Positive Affirmation	Memory Verse for Week:
Sunday Write down Positive Affirmation j  Journal for Day:	or Day:
Monday Write down Positive Affirmation	for Day:
Journal for Day:	
Tuesday Write down Positive Affirmation	for Day:
Journal for Day:	
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# October 26-31

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Do	Memory Verse for Week:  ay:
Journal for Day:	
Monday Write down Positive Affirmation for D	<i>Day</i> :
Journal for Day:	
Tuesday Write down Positive Affirmation for Do	ay:
Journal for Day:	
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
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Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:

# **November 2014**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 All Saint's Day
2 Daylight Savings Time Ends	3	4 Election Day	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving Day	28	29
30						

## Group Meeting Prayer Requests

November 1-8			
November 9-15			
November 16-22			
November 23-30			

# Group Meeting Prayer Requests

November 24-30

### **November 2013**

### Goals for this Month

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	wered, Successes, Strengths, and Blessings
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# Memory Verse for Week: Saturday Write down Positive Affirmation for Day: Journal for Day:

## November 2-8

Weekly Goals
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Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
Sunday Write down Positive Affirmation for Day:
Learning I fam Dann
Journal for Day:
Monday Write down Positive Affirmation for Day:
Journal for Day:
Journal for Buy.
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Tuesday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

	Nover	nber 9-15	
	Weel	kly Goals	
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	
	Memor	y Verse for Week:	
Sunday Write down Positiv	ve Affirmation for Day:		
Journal for Day:			
Journal for Day.			
Monday Write down Positi	ve Affirmation for Day:		
Journal for Day:			
Tuesday Write down Positiv	ve Affirmation for Day:		
Journal for Day:			
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

## November 16-22

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sunday "The down I oshive Affirmation for Day.	
Journal for Day:	
vouriur ier zuj.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

# November 23-30 Weekly Goals 1 2 3 10 4 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:

Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday/Sunday Write down Positive Affirmation for Day:
Journal for Day:

# **December 2014**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Chanukah Begins	18	19	20
21 Winter Begins	22	23	24	25 Christmas Day	26	27
28	29	30	31			

## Group Meeting Prayer Requests

December 1-6			
December 7-13			
December 14-20			
December 21-27			
December 28-31			

### December 2014

### **Goals for this Month**

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## **December 1-6**

	Weekly G	oals	
		C XX 1	
	Memory Vers	e for Week:	
Monday Write down Positive	e Affirmation for Day:		
Journal for Day:			
Journal for Day.			
Tuesday Write down Positiv	re Affirmation for Day:		
	o 1497 manuem y en 2 wy .		
Journal for Day:			
Wednesday Write down Posit	ive Affirmation for Day:		
Journal for Day:			

Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

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### December 7-13

Weekly	Goals

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Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
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Journal for Day:
Monday Write down Positive Affirmation for Day:
Monady Write down I ostilve Affirmation for Day.
Journal for Day:
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Tuesday Write down Positive Affirmation for Day:
Journal for Day:

Wednesday Write down Positive Affirmation for Day:
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Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
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Saturday Write down Positive Affirmation for Day:
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Journal for Day:

### December 14-20

December 1. 20
Weekly Goals
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	Memory Verse for Week:	
	Welker Verse for Week.	
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Sunday	y Write down Positive Affirmation for Day:	
Iournal fo	al for Day:	
Journal R	ii ioi Duy.	
Monday	an White down Positive Affirmation for Day	
Monday	ay Write down Positive Affirmation for Day:	
Journal fo	al for Day:	
T	White days Parities Affron at our fan Days	
Tuesday	ay Write down Positive Affirmation for Day:	
I a summal for	of for Days	
Journal IC	al for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

## December 28-31

Weekly Goals	
Memory Verse for Week:	
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
	_
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Journal for Day:			

Wednesday Write down Positive Affirmation for Day:

### SERMON/MEDITATION NOTES


You are healthy and strong

All guilt, resentment, and blame are gone

You dwell in the power of the living God, the great God, the all powerful God

I love God and surrender to his power

I accept him, love him, and cherish him

I love the me found in God

I'm alive in God's perfect image of me

In God's power I can control my present and future

I am strong in the spirit of God

I understand how life works and become better at succeeding

I am in complete control of my mind and body

Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately

I choose joy in God

I choose health in God

I love God, I love myself as he loves me

I perceive God mentally, physically, and emotionally

You exist in God's perfect image

You are a child of God created in his image

You have access to unlimited peace power and joy

You are cleansed of all negativity

God's holiness and purity dwell in you

You are surrounded by God's magnificent and powerful energy

Peace and love flow through your body

I am living and breathing his peace and love

God is ever present and all knowing

His power and light is always available to you

I am a child of the living God created in his image

I am secure in my faith of God

I rest in my faith

I am calm in my faith

His light shines on me

I am at peace

You exist in Gods perfect image

You are a child of God created in his image

You have access to unlimited peace power and joy

You are cleansed of all negativity

God?s holiness and purity dwell in you

You are surrounded by Gods magnificent and powerful energy

Peace and love flow through your body

I am living and breathing his peace and love

God is ever present and all knowing

His power and light is always available to you

I am a child of the living God created in his image

I am secure in my faith of God

I rest in my faith

I am calm in my faith

His light shines on me

I am at peace

I feel God's serenity in my soul

God's peace dwells in me

I feel God's eternal love and peace in me

I easily adapt to any situation

God's glory fills the earth

God's glory makes me happier and healthier every day

I can feel his glory all around me

I accept and embrace whole heartedly the word of God

I love to read Gods holy word

I replace negative thoughts with the word of God

I love to fill my mind with the word of God

I see things with humor, I am happy and joyful

God's power is in me

I am loving and respectful

I love God with all my heart, with all my soul, and with all my mind

I am whole and complete with God

My inner senses are open to the spirit of God

You are healthy and strong

All guilt, resentment, and blame are gone

You dwell in the power of the living God, the great God, the all powerful God

I love God and surrender to his power

I accept him, love him, and cherish him

I love the me found in God

I'm alive in God's perfect image of me

In Gods power I can control my present and future

I am strong in the spirit of God

I understand how life works and become better at succeeding

I am in complete control of my mind and body

Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately

I choose joy in God

I choose health in God

I love God, I love myself as he loves me

I perceive God mentally, physically, and emotionally

I am fully aware of Gods presence in my life

I am becoming healthier and stronger in God everyday

My self esteem grows daily because his presence grows in me everyday

I release all negative feelings

I cancel and reject any negative feeling and emotion, instead my mind is completely focused on the glory of God and his image in Jesus Christ

I often visualize the power of God flowing through me enhancing my talents and abilities

I see the world as God sees it, filled with his glory

God is great

I am more and more confident in God's power everyday

God is my source of loving, powerful energy. He strengthens me more and more everyday

I learn to grow with every situation in life and live my life to the fullest

I am filled with positive expectation when I pray and live my life for God

With God all things are possible. I am optimistic and confident in God. I love God.

I am happy in the preference of God. I love being with God

In the spirit of God I am warm, friendly, loving, and loveable

I can do all things though Christ who loves me

I am not conformed to this world, instead my mind id renewed by the spirit of God who dwells in me

It is through his spirit I know the perfect will of God

His spirit brings safety, security, and council

I can see and hear God because I take time out everyday to focus my mind on his holy spirit. I love doing this because his spirit becomes alive in me

In his spirit I am positive, I am calm, and at peace with God

His spirit dwells in me

I have supernatural concentration

I think in the mind of God

My mind is always focused on the things of God as they pertain to my life

Christ said he has overcome the world. And everything in the world is his

I have complete dominion over my life, my mind, my body, and even the world.

He said I would do greater things than he.

I now celebrate this realization rejoicing in the spirit of God, thank you God

Everyday the spirit of God transforms me more and more to his likeness

You are positive and confident in the spirit of God

Deep down you know that living in God?s power, love, and wisdom is possible

All positive changes are taking place right now

Opportunity and possibility has opened for you

You are adaptive and flexible

You have the ability to make anything into a positive experience

You are a child of the living God

You are endowed with grace and power from his throne

You are now aware of you unlimited potential

With God all things are possible

You now feel the power of God, his peace, and his instruction

You now have more assurance in the spirit of God than ever before

You are becoming more confident and positive in the spirit of God each day

You are becoming more motivated and assertive each day

You have a thirst for the word of God and enjoy learning by fallowing his instruction

The Holy Spirit is alive in you now. You can feel it, it is the spiritual movement of God within you.

Your spiritual senses are fully awake and sensitive to the spirit of God within

The more you feel and enjoy the presence of God, the more real it becomes

You are the walking, talking, spirit of God, all peace, love, and knowledge dwell in you now

You enjoy experiencing God this way, it gives you a great deal of joy, and peace radiates from you

People can feel God's peace radiating from you. This is how you?ve chosen to live you life and you operate beautifully

I take time to meditate ion the word of God

The word of God is beautiful to me

I enjoy spending time with God

My time with God is filled with His holy presence and it gives me peace

I love spending time with God

Every time I read the word of God I feel the Holy Spirit light up in me

The Holy Spirit gives me fresh revelation everyday

I love to think in the Holy Spirit

The Holy Spirit is the mind of God

I have the mind of God

I have the mind of Christ, in him knowledge is revealed

I am a child of the living God

I am created in his image

I can feel Gods loving and peaceful presence in me

I have a loving and grateful heart toward God

You are becoming more confident and positive in the power of God each day

Your strength comes from God

You are now very aware of the power of God within you; you can see it and feel it

You are falling in love with your life because God is in all things

God is everywhere

You are free in the spirit of God. Your mind is filled with his power

Your memory is unlimited. You have a supernatural ability to remember

You know the spirit of God dwells in you. This is your new reality

You walk in the spirit

You talk in the spirit

You think in the spirit

You are made whole and new in the spirit

You love to pray

You love to study the word of God

In Christ you are one body and one mind

### **Connected to Wellness?**

Check out this green light up carabiner.

Is it fair to say that this item was designed and put together by someone or something? Just like the flashlight carabiner we were designed and made. Our designer was God. He made everyone with a unique DNA structure that makes them special.

Is it fair to say that this flashlight carabiner is made of the earth and part of the earth? Just like this carabiner we are of the earth. We are connected to earthly objects, desires and ideas. We are affected by our physical, chemical, and emotional environment.

**Is it fair to say that this flashlight carabiner was made to create light?** Just like this carabiner we were made to create. The first acts of God were to create. We are made in his image so we to want to create. Are you creating for God or for Earthly desires, self?

Is it fair to say that one day the battery on this flashlight carabiner will die? Just like this flashlight carabiner our earthly bodies will let us down and we will die. Just like all earthly ideas, desires, and objects. If you put your hope in earthly things you will always be heartbroken, let down, disappointed and upset. Everything earthly will let us down eventually (sports teams, jobs, money, family/friends, car, house, pets, health, etc). Have you seen anyone over 150 lately?

**Is it fair to say that this flashlight carabiner was designed to stay connected and shine light when activated?** Just like this flashlight carabiner we are designed to be of the earth and to shine light. When we stay connected to God we are on purpose. The only time we are on purpose is when we stay connected to God by reading/studying the Bible, prayer, meditation, worship, praise, and acting in God's love. When we lose our connection to God then we are only connected to earthly things. Our goal is to stay connected and on purpose.

Is it fair to say that this flashlight carabiner has a silver latch that keeps it safe and secure? Just like the flashlight carabiner's latch God came to earth and created a force to secure an eternal connection to Him. He did this as Jesus and died on a worldly cross and then rose from the grave three days later. By doing this he conquered the earth. You can't find his earthly body anywhere. He left a guide called the Holy Spirit that resides in our earthly bodies when we accept Him into our lives. When we accept God into our lives we are promised an eternal connection to Him and eternal life. By placing your faith in God you can feel secure that God is always there for you even when all earthly things let you down. This is seen in all Universal Principles because God is everywhere and in all time.

Keep this flashlight carabiner and press the button while asking yourself about the problems you are having or decisions you need to make. Are you creating for yourself or for God? One makes your life fulfilling and meaningful and the other empty/meaningless. Your purpose is to stay connected to God and create a loving environment. When you are having problems remember that God wants to be connected to you and has already conquered the earth through his son Jesus and has left behind a life coach called the Holy Spirit. Test yourself to see if what you are doing, thinking and saying are allowing you to be connected to God and be on purpose. If not then read the Bible, pray, get advice from others connected to God (people, books, DVDs, groups, church,

songs, and etc.), think and visualize what Jesus would do, listen to the Holy Spirit, study universal principles to see how the gospel story is playing out and then act for God. Minimize earthly things that are interfering with this connection and expect great things by your connection to God.

**Are You Connected?** 

**Standing Stone** 

(version 3)

Dedicated to Barbara Canova

# Daily List 2014

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8			
Affirmation:			
	Memory Verse:		

# Daily List 2014

1			
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3			
4			
5			
6			
7			
8			
Affirmation:			
	Memory Verse:		

May 29: 1King 1-2; Ps 37/71/94 New International Version: Chronological May 30: Ps 119:1-88 Read the Bible as its events occurred in real time. May 31: 1King 3-4; 2Chron 1; Ps 72 Jan 1: Gen 1-3 Jun 1: Ps 119:89-176 Jan 2: Gen 4-7 Jun 2: Solomon Jan 3: Gen 8-11 Jun 3: Prov 1-3 Jan 4: Job 1-5 Jun 4: Prov 4-6 Jan 5: Job 6-9 Jun 5: Prov 7-9 Jan 6: Job 10-13 Jun 6: Prov 10-12 Jan 7: Job 14-16 Jun 7: Prov 13-15 Jan 8: Job 17-20 Jun 8: Prov 16-18 Jan 9: Job 21-23 Jun 9: Prov 19-21 Jan 10: Job 24-28 Jun 10: Prov 22-24 Jan 11: Job 29-31 Jun 11: 1King 5-6; 2Chron 2-3 Jan 12: Job 32-34 Jun 12: 1King 7; 2Chron 4 Jan 13: Job 35-37 Jun 13: 1King 8; 2Chron 5 Jan 14: Joh 38-39 Jun 14: 2Chron 6-7; Ps 136 Jan 15: Job 40-42 Jun 15: Ps 134/146-150 Jan 16: Gen 12-15 Jun 16: 1King 9; 2Chron 8 Jan 17: Gen 16-18 Jun 17: Prov 25-26 Jan 18: Gen 19-21 Jun 18: Prov 27-29 Jan 19: Gen 22-24 Jun 19: Ecc 1-6 Jan 20: Gen 25-26 Jun 20: Ecc 7-12 Jan 21: Gen 27-29 Jun 21: 1King 10-11; 2Chron 9 Jan 22: Gen 30-31 Jun 22: Prov 30-31 Jan 23: Gen 32-34 Jun 23: 1King 12-14 Jan 24: Gen 35-37 Jun 24: 2Chron 10-12 Jan 25: Gen 38-40 Sep 2: Ezek 20-21 Jan 26: Gen 41-42 Sep 3: Ezek 22-23 Jan 27: Gen 43-45 Sep 4: Ezek 24-27 Jan 28: Gen 46-47 Sep 5: Ezek 28-31 Jan 29: Gen 48-50 Sep 6: Ezek 32-34 Jan 30: Ex 1-3 Sep 7: Ezek 35-37 Jan 31: Ex 4-6 Sep 8: Ezek 38-39 Feb 1: Ex 7-9 Sep 9: Ezek 40-41 Feb 2: Ex 10-12 Sep 10: Ezek 42-43 Feb 3: Ex 13-15 Sep 11: Ezek 44-45 Feb 4: Ex 16-18 Sep 12: Ezek 46-48 Feb 5: Ex 19-21 Sep 13: Joel Feb 6: Ex 22-24 Sep 14: Dan 1-3 Feb 7: Ex 25-27 Sep 15: Dan 4-6 Feb 8: Ex 28-29 Sep 16: Dan 7-9 Feb 9: Ex 30-32 Sep 17: Dan 10-12 Feb 10: Ex 33-35 Sep 18: Ezra 1-3 Feb 11: Ex 36-38 Sep 19: Ezra 4-6; Ps 137 Feb 12: Ex 39-40 Sep 20: Haggai Feb 13: Lev 1-4 Sep 21: Zech 1-7 Feb 14: Lev 5-7 Sep 22: Zech 8-14 Feb 15: Lev 8-10 Sep 23: Est 1-5 Feb 16: Lev 11-13 Sep 24: Est 6-10 Feb 17: Lev 14-15 Sep 25: Ezra 7-10 Feb 18: Lev 16-18 Sep 26: Neh 1-5 Feb 19: Lev 19-21 Sep 27: Neh 6-7 Feb 20: Lev 22-23 Sep 28: Neh 8-10 Feb 21: Lev 24-25 Sep 29: Neh 11-13; Ps 126 Feb 22: Lev 26-27 Sep 30: Malachi May 3: Ps 106-107 Oct 1: Luke 1; John 1:1-14 May 4: 2Sam 5:11-6:23: 1Chron 13-16 Oct 2: Matt 1; Luke 2:1-38 May 5: Ps 1-2/15/22-24/47/68 Oct 3: Matt 2; Luke 2:39-52 May 6: Ps 89/96/100-101/105/132 Oct 4: Matt 3; Mark 1; Luke 3 May 7: 2Sam 7; 1Chron 17 Oct 5: Matt 4; Luke 4-5; John 1:15-51 May 8: Ps 25/29/33/36/39 Oct 6: John 2-4 May 9: 2Sam 8-9; 1Chron 18 Oct 7: Mark 2 May 10: Ps 50/53/60/75 Oct 8: John 5 May 11: 2Sam10; 1Chron 19; Ps 20 Oct 9: Matt 12:1-21; Mark 3; Luke 6 May 12: Ps 65-67/69-70 Oct 10: Matt 5-7 May 13: 2Sam 11-12; 1Chron 20 Oct 11: Matt 8:1-13; Luke 7 May 14: Ps 32/51/86/122 Oct 12: Matt 11 May 15: 2Sam 13-15 Oct 13: Matt 12:22-50; Luke 11 May 16: Ps 3-4/12-13/28/55 Oct 14: Matt 13: Luke 8 May 17: 2Sam 16-18 Oct 15: Matt 8:14-34; Mark 4-5 May 18: Ps 26/40/58/61-62/64 Oct 16: Matt 9-10 May 19: 2Sam 19-21 Oct 17: Matt 14; Mark 6; Luke 9:1-17 May 20: Ps 5/38/41-42 Oct 18: John 6 May 21: 2Sam 22-23; Ps 57 Oct 19: Matt 15; Mark 7 May 22: Ps 95/97-99 Oct 20: Matt 16; Mark 8; Luke 9:18-27 May 23: 2Sam 24; 1Chron 21-22; Ps 30 Oct 21: Matt 17; Mark 9; Luke 9:28-62 May 24: Ps 108-110 Oct 22: Matt 18 May 25: 1Chron 23-25 Oct 23: John 7-8 May 26: Ps 131/138-139/143-145 Oct 24: John 9:1-10:21 May 27: 1Chron 26-29; Ps 127 May 28: Ps 111-118

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Nov 19: Acts 9-10 Nov 20: Acts 11-12 Nov 21: Acts 13-14 Nov 22: James Nov 23: Acts 15-16 Nov 24: Gal 1-3 Nov 25: Gal 4-6 Nov 26: Acts 17-18:18 Nov 27: 1/2Thess Nov 28: Acts 18:19-19:41 Nov 29: 1Cor 1-4 Nov 30: 1Cor 5-8 Dec 1: 1Cor 9-11 Dec 2: 1Cor 12-14 Dec 3: 1Cor 15-16 Dec 4: 2Cor 1-4 Dec 5: 2Cor 5-9 Dec 6: 2Cor 10-13 Dec 7: Acts 20:1-3; Rom 1-3 Dec 8: Rom 4-7 Dec 9: Rom 8-10 Dec 10: Rom 11-13 Dec 11: Rom 14-16 Dec 12: Acts 20:4-23:35 Dec 13: Acts 24-26 Dec 14: Acts 27-28 Dec 15: Colossians; Philemon Dec 16: Ephesians Dec 17: Philippians Dec 18: 1 Timothy Dec 19: Titus Dec 20: 1 Peter Dec 21: Heb 1-6 Dec 22: Heb 7-10 Dec 23: Heb 11-13 Dec 24: 2 Timothy Dec 25: 2 Peter; Jude Dec 26: 1 John Dec 27: 2/3 John Dec 28: Rev 1-5 Dec 29: Rev 6-11 Dec 30: Rev 12-18 Dec 31: Rev 19-22