



40 DAYS OF FOCUS

March 2 - April 16, 2022

THEME: "LET'S GROW TOGETHER"
COLOSSIANS 1:10

TABLE OF CONTENTS

40 DAYS OF PRAYER, FASTING, & WELLNESS

01

LETTER FROM PASTOR ERROL DOMINGUE

02

A WORD ABOUT FASTING

03

**9 BASIC STEPS TO A SUCCESSFUL FASTING
AND PRAYER**

04

40 DAYS OF FOCUS

44

SELF-CARE CHECKLIST

45

PRAISE AND WORSHIP PLAYLIST

40 DAYS OF PRAYER, FASTING & WELLNESS

Sisters and Brothers,

Allow me to be the first to encourage you in your engagement of this season of growth, reflection, and self-discipline. This is not the latest self-help exercise or the next “10 steps to your best life.” This is different. You have decided to join our faith community in our commitment to strive towards the perfection to which we are called - Therefore you shall be perfect, just as your Father in heaven is perfect (5:48, NKJV).

Our theme this year is “Let's Grow Together”. It says that we intend for this to be a season of growth for us individually and collectively. This is a spiritual journey, but for many, we seek financial, intellectual, health-wellness advancement. We put in the effort and make the sacrifices necessary with the complete expectation that God will reward our faithfulness.

Over the years we have learned that these 40 days have been particularly rewarding as we have strengthened our relationship with God and with one another. Please use this publication as a guide to doing great things to honor God, while receiving great things from God.

I am because of Calvary,

Errol Domingue, Ph.D.

A Word about Fasting

When we fast, we make the personal decision to deny ourselves some form of physical pleasure to heighten spiritual awareness. Most often, fasting is associated with going without eating for a specified period. However, one can also fast from listening to music, watching television, social media or any number of pleasurable things. It's about sacrifice. Please note that there is no magic associated with such activity, it is our way of humiliating our flesh and increasing our sensibility to God. Most often Christians accompany their prayer with fasting as a sign of worship, repentance, or intensely seeking God's guidance. According to Wayne Grudem fasting:

- Increases our sense of humility and dependence on God
- Allows us to spend more time in prayer
- Increases our ability for self-discipline
- Heightens our sense of spiritual and mental alertness to the presence of God

9 Basic Steps to Successful Fasting & Prayer

STEP 1: Build a team...connect with “encouragement partners” so that you won’t go at it alone

STEP 2: Set aside a specified time every day to spend with God

STEP 3: Read the prescribed passage of Scripture for the day

STEP 4: Take time to meditate/think about what you have just read. You might seek answers to questions such as (but not limited to)

- 1) What is God’s role in this passage?
- 2) What is my role in this passage?

STEP 5: Journal/write your thoughts of thanksgiving for that day concerning that Scripture

STEP 6: Participate in the specified corporate prayer times (when/where applicable)

STEP 7: Choose a specified time and way you will fast and pray

STEP 8: Don’t count Sundays in your 40-day count

STEP 9: Watch God reveal Himself to you.

DAY 1

READ HEBREWS 4:14-16

☐ *Spiritual Wellness*

Scripture Reading: The foundation of our fast is the Word of God. To deepen our understanding of the Word, let's move through the following four steps each day that we read. Keep in mind that it may be easier to read the text multiple times and you may need to read the passage before or after the selection to understand what is happening in the text.

Step 1: Read the passage slowly,

Step 2: Think about the meaning of the passage,

Step 3: Enter into prayer to receive God's message for you,

Step 4: Rest in God's revelation to you for 10 to 15 minutes.

☐ *Physical Wellness*

Decide which aspect of your physical being you would like to improve (e.g., lose weight, drink more water, walk more frequently, etc.).

☐ *Mental & Emotional Wellness*

Self-reflection:

1. What are 5 things you are grateful for?
2. Describe why you are grateful for what you listed above.

☐ *Financial Wellness*

Define your view of personal financial wellness.

DAY 2

READ HEBREWS 4:14-16

☐ *Spiritual Wellness*

Scripture Reading: The foundation of our fast is the Word of God. To deepen our understanding of the Word, let's move through the following four steps each day that we read. Keep in mind that it may be easier to read the text multiple times and you may need to read the passage before or after the selection to understand what is happening the text.

Step 1: Read the passage slowly,

Step 2: Think about the meaning of the passage,

Step 3: Enter into prayer to receive God's message for you,

Step 4: Rest in God's revelation to you for 10 to 15 minutes.

☐ *Physical Wellness*

- Collaborate with another person to assist you with your physical journey. Become encouragement partners.
- Identify your roles and expectations of each other.
- Determine when you will meet.

☐ *Mental & Emotional Wellness*

Call a friend or relative, and ask them how they are doing.
How did this interaction make you feel?

☐ *Financial Wellness*

What are three aspects of your personal financial knowledge would you like to learn more about?

Send your responses to health@elmgrovebc.org

DAY 3

READ HEBREWS 4:14-16

☐ *Spiritual Wellness*

Scripture Reading: The foundation of our fast is the Word of God. To deepen our understanding of the Word, let's move through the following four steps each day that we read. Keep in mind that it may be easier to read the text multiple times and you may need to read the passage before or after the selection to understand what is happening the text.

Step 1: Read the passage slowly,

Step 2: Think about the meaning of the passage,

Step 3: Enter into prayer to receive God's message for you,

Step 4: Rest in God's revelation to you for 10 to 15 minutes.

☐ *Physical Wellness*

Self-Reflection:

1. How do you rate your overall health (excellent, good, fair, poor)?
2. What are you willing to remove from your diet?

☐ *Mental & Emotional Wellness*

It is the end of the week.

- Meet a friend or family member for conversation.
- Relax. A hot bubble bath/shower may be soothing and calming.

☐ *Financial Wellness*

Begin tracking your expenses. On a sheet of paper create 3 columns. Column 1 - Monthly, Column 2 - Weekly, and Column 3 - Daily. Write your expense in each column.

DAY 4

READ HEBREWS 6:10-20

☐ *Spiritual Wellness*

Individual Prayer: This week, let's focus on our individual prayer practice. Please continue to focus on each spiritual discipline as we grow deeper in knowledge. Choose a space for our daily prayers where you can keep your bible, notebook, pen, etc. It could be your bedside, a favorite chair or sofa, you may have a spare closet, etc.

Choose a time at the beginning of your day and at the end of your day, especially during the 40 Days. It may help to use a calendar to mark the time and help center your thoughts.

☐ *Physical Wellness*

With your encouragement partner, determine which 2-3 days per week you will meet (in-person/virtual) to develop the following plans: exercise, meal planning, and water intake.

☐ *Mental & Emotional Wellness*

Turn on some music! Do a 30-minute Housework Workout. Sweep, mop, and water your plants.

☐ *Financial Wellness*

Review your spending for the week. What could you have saved money on? Set a weekly budget for the upcoming week. How much will you save?

DAY 5

READ HEBREWS 6:10-20

☐ *Spiritual Wellness*

Individual Prayer: This week, let's focus on our individual prayer practice. Please continue to focus on each spiritual discipline as we grow deeper in knowledge. Choose a space for our daily prayers where you can keep your bible, notebook, pen, etc. It could be your bedside, a favorite chair or sofa, you may have a spare closet, etc. Choose a time at the beginning of your day and at the end of your day, especially during the 40 Days. It may help to use a calendar to mark the time and help center your thoughts.

☐ *Physical Wellness*

This week we will focus on changing our mindset and incorporate physical activities.

- Moving forward we will remove sodas from our diet. Drink water and 100% fruit juice.
- Walk for 15-minutes each day.

☐ *Mental & Emotional Wellness*

Plan your week:

- What are 3 goals you want to accomplish?
- Start a new activity (e.g., read a book, home repairs, etc.)

☐ *Financial Wellness*

- What have you learned about your spending habits?
- Decide how you will GROW your savings account during this FOCUS time.

DAY 6

READ HEBREWS 6:10-20

☐ *Spiritual Wellness*

Individual Prayer: This week, let's focus on our individual prayer practice. Please continue to focus on each spiritual discipline as we grow deeper in knowledge. Choose a space for our daily prayers where you can keep your bible, notebook, pen, etc. It could be your bedside, a favorite chair or sofa, you may have a spare closet, etc. Choose a time at the beginning of your day and at the end of your day, especially during the 40 Days. It may help to use a candle to mark the time and help center your thoughts.

☐ *Physical Wellness*

- Drink water or 100% fruit juice
- Walk for 15 minutes
- Remove fried foods from your meals

☐ *Mental & Emotional Wellness*

Spend 30 minutes removing physical clutter from a small space (i.e., organize your closet, countertops, or workspace).

☐ *Financial Wellness*

Join us for the Financial Wellness workshop

- Zoom Meeting ID: 830 4054 5235

DAY 7

READ HEBREWS 6:10-20

☐ *Spiritual Wellness*

Individual Prayer: This week, let's focus on our individual prayer practice. Please continue to focus on each spiritual discipline as we grow deeper in knowledge. Choose a space for our daily prayers where you can keep your bible, notebook, pen, etc. It could be your bedside, a favorite chair or sofa, you may have a spare closet, etc. Choose a time at the beginning of your day and at the end of your day, especially during the 40 Days. It may help to use a candle to mark the time and help center your thoughts.

☐ *Physical Wellness*

- Continue the food and drink modification
- Practice good sleep hygiene. Allow yourself 1 hour to unwind slowly before bed.

☐ *Mental & Emotional Wellness*

Try not to speak negatively about another person or situation today (such as gossiping and criticizing).

☐ *Financial Wellness*

- Create a budget for the remainder of the month.
- Remember to pay yourself too.

DAY 8

READ HEBREWS 6:10-20

☐ *Spiritual Wellness*

Individual Prayer: This week, let's focus on our individual prayer practice. Please continue to focus on each spiritual discipline as we grow deeper in knowledge. Choose a space for our daily prayers where you can keep your bible, notebook, pen, etc. It could be your bedside, a favorite chair or sofa, you may have a spare closet, etc. Choose a time at the beginning of your day and at the end of your day, especially during the 40 Days. It may help to use a calendar to mark the time and help center your thoughts.

☐ *Physical Wellness*

Self-check:

- Have you checked on your encouraging partner?
- Describe how your partnership is evolving during this time of FOCUS.

☐ *Mental & Emotional Wellness*

Use a positive "No" today!! Say no confidently to unwanted requests.

☐ *Financial Wellness*

- Complete the assignments located in the Financial Wellness course
- Adjust your financial mindset. Identify barriers you have encountered with your finances.

DAY 9

READ HEBREWS 6:10-20

☐ *Spiritual Wellness*

Individual Prayer: This week, let's focus on our individual prayer practice. Please continue to focus on each spiritual discipline as we grow deeper in knowledge. Choose a space for our daily prayers where you can keep your Bible, notebook, pen, etc. It could be your bedside, a favorite chair or sofa, you may have a spare closet, etc. Choose a time at the beginning of your day and at the end of your day, especially during the 40 Days. It may help to use a calendar to mark the time and help center your thoughts.

☐ *Physical Wellness*

Friday Wind Down, but keep pushing!

- Walk for 15-minutes outdoors
- Check on your encouraging partner

☐ *Mental & Emotional Wellness*

- Sit back and relax
- Listen to your favorite tunes
- Reflect on your week. Be proud of your accomplishments.

☐ *Financial Wellness*

List 3 attributes of this week's financial success.

DAY 10

READ HEBREWS 6:10-20

☐ *Spiritual Wellness*

Individual Prayer: This week, let's focus on our individual prayer practice. Please continue to focus on each spiritual discipline as we grow deeper in knowledge. Choose a space for our daily prayers where you can keep your bible, notebook, pen, etc. It could be your bedside, a favorite chair or sofa, you may have a spare closet, etc. Choose a time at the beginning of your day and at the end of your day, especially during the 40 Days. It may help to use a calendar to mark the time and help center your thoughts.

☐ *Physical Wellness*

- Introduce a new activity into your lifestyle (e.g., lift weights, step aerobics, yoga, etc.)
- Enjoy the outdoors (e.g., fishing, hunting, gardening, etc.)

☐ *Mental & Emotional Wellness*

- Create a zen space in your home (candles, weighted blanket, comforting reads)
- "GROW SOMETHING"
 - Plant vegetables and herbs
 - Send a picture to information@elmgrovebc.org

☐ *Financial Wellness*

- Purchase necessities
- Limit spending on miscellaneous items

DAY 11

READ HEBREWS 10:11-25



Spiritual Wellness

Meditation: This week we will focus on the spiritual practice of meditation. As Christians, our goal for mediation is to clear our minds and prepare our hearts to hear from God. To deepen your practice, choose a place that is free from clutter, bring a candle and find a space where you may relax your body. It may be a chair, bed or the floor. If you choose the floor, please use a soft mat or blanket and a pillow for your head. You may also use soft instrumental music to help deepen your focus. Begin by focusing on your breathing. Notice how you breathe in and out. Then, relax your body, each part from head to toe. Then, clear your mind. Be patient with yourself and your body. (15 Minutes)



Physical Wellness

- Increase your walking duration to 30-minutes per day
- Moving forward remove red meat from your diet



Mental & Emotional Wellness

Boost your mood with food (i.e., eat some fresh fruits, nuts, a piece of dark chocolate, and/or fatty fish rich in Omega-3)



Financial Wellness

- Complete your financial wellness assignments for Tuesday's class
- Use your weekly cash envelope to determine how much you will spend this week

DAY 12

READ HEBREWS 10:11-25

☐ *Spiritual Wellness*

Meditation: This week we will focus on the spiritual practice of meditation. As Christians, our goal for mediation is to clear our minds and prepare our hearts to hear from God. To deepen your practice, choose a place that is free from clutter, bring a candle and find a space where you may relax your body. It may be a chair, bed or the floor. If you choose the floor, please use a soft mat or blanket and a pillow for your head. You may also use soft instrumental music to help deepen your focus. Begin by focusing on your breathing. Notice how you breathe in and out. Then, relax your body, each part from head to toe. Then, clear your mind. Be patient with yourself and your body. (15 Minutes)

☐ *Physical Wellness*

- Walk 30-minutes, indoor and outdoor
- Decrease your portion size
- Use honey instead of sugar

☐ *Mental & Emotional Wellness*

Practice Loving-Kindness Meditation! Think, "May you be happy, healthy, and safe" to a loved one, someone who is challenging, and finally to yourself.

☐ *Financial Wellness*

Join us tonight for the Financial Wellness Workshop.
Zoom Meeting ID: 830 4054 5235

DAY 13

READ HEBREWS 10:11-25

☐ *Spiritual Wellness*

Meditation: This week we will focus on the spiritual practice of meditation. As Christians, our goal for mediation is to clear our minds and prepare our hearts to hear from God. To deepen your practice, choose a place that is free from clutter, bring a candle and find a space where you may relax your body. It may be a chair, bed or the floor. If you choose the floor, please use a soft mat or blanket and a pillow for your head. You may also use soft instrumental music to help deepen your focus. Begin by focusing on your breathing. Notice how you breathe in and out. Then, relax your body, each part from head to toe. Then, clear your mind. Be patient with yourself and your body. (15 Minutes)

☐ *Physical Wellness*

- Walk for 30-minutes
- Invite a friend or co-worker to join you during your walk
- Decrease your sodium intake

☐ *Mental & Emotional Wellness*

Reduce stress through breathwork!

- Inhale to a count of 4
- Hold for 4
- Exhale for 4
- Hold for 4 and repeat

☐ *Financial Wellness*

What are your credit scores for each of the credit reporting agencies?

DAY 14

READ HEBREWS 10:11-25

☐ *Spiritual Wellness*

Meditation: This week we will focus on the spiritual practice of meditation. As Christians, our goal for mediation is to clear our minds and prepare our hearts to hear from God. To deepen your practice, choose a place that is free from clutter, bring a candle and find a space where you may relax your body. It may be a chair, bed or the floor. If you choose the floor, please use a soft mat or blanket and a pillow for your head. You may also use soft instrumental music to help deepen your focus. Begin by focusing on your breathing. Notice how you breathe in and out. Then, relax your body, each part from head to toe. Then, clear your mind. Be patient with yourself and your body. (15 Minutes)

☐ *Physical Wellness*

- Walk for 30-minutes
- Try a new low-salt herbal recipe
- Send your recipe to health@elmgrovebc.org

☐ *Mental & Emotional Wellness*

List what you can control versus what you can't.
Do one thing you can control to feel more empowered.

☐ *Financial Wellness*

Describe some advantages of having a GOOD credit rating.

DAY 15

READ HEBREWS 10:11-25

☐ *Spiritual Wellness*

Meditation: This week we will focus on the spiritual practice of meditation. As Christians, our goal for mediation is to clear our minds and prepare our hearts to hear from God. To deepen your practice, choose a place that is free from clutter, bring a candle and find a space where you may relax your body. It may be a chair, bed or the floor. If you choose the floor, please use a soft mat or blanket and a pillow for your head. You may also use soft instrumental music to help deepen your focus. Begin by focusing on your breathing. Notice how you breathe in and out. Then, relax your body, each part from head to toe. Then, clear your mind. Be patient with yourself and your body. (15 Minutes)

☐ *Physical Wellness*

- Invite friends to dine with you, in-person/virtual
- Prepare a heart-healthy meal

☐ *Mental & Emotional Wellness*

Find a reason to smile or laugh!
Read jokes, watch stand up, or talk to a humorous friend.

☐ *Financial Wellness*

Did you meet your end-of-week financial goal?
Add an additional \$10-20 to your savings plan goal.

DAY 16

READ HEBREWS 10:11-25

☐ *Spiritual Wellness*

Meditation: This week we will focus on the spiritual practice of meditation. As Christians, our goal for mediation is to clear our minds and prepare our hearts to hear from God. To deepen your practice, choose a place that is free from clutter, bring a candle and find a space where you may relax your body. It may be a chair, bed or the floor. If you choose the floor, please use a soft mat or blanket and a pillow for your head. You may also use soft instrumental music to help deepen your focus. Begin by focusing on your breathing. Notice how you breathe in and out. Then, relax your body, each part from head to toe. Then, clear your mind. Be patient with yourself and your body. (15 Minutes)

☐ *Physical Wellness*

- Eat grilled foods
- Meal prep for the following week
- Continue drinking water

☐ *Mental & Emotional Wellness*

- Pamper yourself today!
- Create your own relaxation
 - Stay in your robe
 - Bake a sweet treat for yourself

☐ *Financial Wellness*

Do you have an Emergency Fund?

Determine how much you may need to save for unexpected expenses.

DAY 17

READ HEBREWS 11:1-11

☐ *Spiritual Wellness*

Fasting: Let's focus on our practice of fasting. One of the most integral parts of our fasting practice is sacrifice. Although the most traditional method of sacrifice for us today is by denying our bodies the satisfaction of food, it is important to remember that sacrifice can also be made of our time. Reflect on the sacrifices you've had so far through the 40 Days of Focus. Identify areas of growth, acknowledge the challenges you may be experiencing. You may need to reset and recommit. Remember to build and deepen as we grow together.

☐ *Physical Wellness*

- Moving forward remove sweets and breads from your diet
- Eat grilled foods
- Drink water and 100% fruit juice
- Be sure to incorporate snacks into your regimen

☐ *Mental & Emotional Wellness*

- Set your alarm for 3 times today (9am, 12pm, and 3pm)
- When the alarm alerts, jot down your thoughts and ideas.

☐ *Financial Wellness*

- Complete the assignments for the Financial Wellness workshop.
- List 3 future financial goals.
- What are your retirement plans?

DAY 18

READ HEBREWS 11:1-11

☐ *Spiritual Wellness*

Fasting: Let's focus on our practice of fasting. One of the most integral parts of our fasting practice is sacrifice. Although the most traditional method of sacrifice for us today is by denying our bodies the satisfaction of food, it is important to remember that sacrifice can also be made of our time. Reflect on the sacrifices you've had so far through the 40 Days of Focus. Identify areas of growth, acknowledge the challenges you may be experiencing. You may need to reset and recommit. Remember to build and deepen as we grow together.

☐ *Physical Wellness*

- Check on your encouraging partner
- Determine your health goals for the week
- What do you want to accomplish?

☐ *Mental & Emotional Wellness*

Write down the adaptive coping skills you've used to overcome a recent adversity.

☐ *Financial Wellness*

Join us for the Financial Wellness workshop

- Zoom Meeting ID: 830 4054 5235

DAY 19

READ HEBREWS 11:1-11



Spiritual Wellness

Fasting: Let's focus on our practice of fasting. One of the most integral parts of our fasting practice is sacrifice. Although the most traditional method of sacrifice for us today is by denying our bodies the satisfaction of food, it is important to remember that sacrifice can also be made of our time. Reflect on the sacrifices you've had so far through the 40 Days of Focus. Identify areas of growth, acknowledge the challenges you may be experiencing. You may need to reset and recommit. Remember to build and deepen as we grow together.



Physical Wellness

- Continue the healthy eating regimen
- How is your fast strengthening you?
- Continue to "keep pushing", even if you are not experiencing the outcomes you expected.



Mental & Emotional Wellness

- Invite a guest to SmartChurch and SmartChurch Amplified.
- Respond, in the social media chat, about something you learned during SmartChurch.



Financial Wellness

Discuss your retirement plans with a certified financial counselor.

DAY 20

READ HEBREWS 11:1-11

☐ *Spiritual Wellness*

Fasting: Let's focus on our practice of fasting. One of the most integral parts of our fasting practice is sacrifice. Although the most traditional method of sacrifice for us today is by denying our bodies the satisfaction of food, it is important to remember that sacrifice can also be made of our time. Reflect on the sacrifices you've had so far through the 40 Days of Focus. Identify areas of growth, acknowledge the challenges you may be experiencing. You may need to reset and recommit. Remember to build and deepen as we grow together.

☐ *Physical Wellness*

Identify any food addictions and challenges during this Lenten season.

☐ *Mental & Emotional Wellness*

Do a 24-hour social media fast (don't post or check your accounts today).

☐ *Financial Wellness*

Determine if you have enough life insurance for your family.

DAY 21

READ HEBREWS 11:1-11

☐ *Spiritual Wellness*

Fasting: Let's focus on our practice of fasting. One of the most integral parts of our fasting practice is sacrifice. Although the most traditional method of sacrifice for us today is by denying our bodies the satisfaction of food, it is important to remember that sacrifice can also be made of our time. Reflect on the sacrifices you've had so far through the 40 Days of Focus. Identify areas of growth, acknowledge the challenges you may be experiencing. You may need to reset and recommit. Remember to build and deepen as we grow together.

☐ *Physical Wellness*

You've made it! Encourage others to join your wellness journey. Remember to continue your healthy eating plan.

☐ *Mental & Emotional Wellness*

Watch a movie or TV show with a family member or friend. Relax and disconnect from work.

☐ *Financial Wellness*

Determine if you have achieved the goals set forth for this week. Remember to pay yourself too.

DAY 22

READ HEBREWS 11:1-11

☐ *Spiritual Wellness*

Fasting: Let's focus on our practice of fasting. One of the most integral parts of our fasting practice is sacrifice. Although the most traditional method of sacrifice for us today is by denying our bodies the satisfaction of food, it is important to remember that sacrifice can also be made of our time. Reflect on the sacrifices you've had so far through the 40 Days of Focus. Identify areas of growth, acknowledge the challenges you may be experiencing. You may need to reset and recommit. Remember to build and deepen as we grow together.

☐ *Physical Wellness*

Adequate sleep is required to allow your body to reset and rejuvenate. The recommended time is 7- 8 hours of sleep each day.

☐ *Mental & Emotional Wellness*

Exercise your mind (i.e., complete a jigsaw puzzle, sudoku, crossword, etc.)

☐ *Financial Wellness*

Review your spending and saving habits. Are you on track to meet your savings goal for this FOCUS challenge?

DAY 23

READ HEBREWS 12:1-2,25-29

☐ *Spiritual Wellness*

Solitude: This week, let's focus on our practice of solitude. Solitude is the practice of spending time alone with God. You may choose to take a walk alone. You may choose to sit on your porch, patio or at the park. Once you have chosen your place, it is important to share this information with your prayer partner or friends. Set aside all electronic devices and remove any distractions. If you have young children, please select a time before they wake, when they are not at home or after they are sleep. If you have pets, please attend to their needs before you begin your practice. Set aside 20-30 minutes. Clear your mind and steady your breathing. Relax into the space. Remain completely silent for the full duration. Remain open to God's activity during this moment.

☐ *Physical Wellness*

Make a S.M.A.R.T. (Specific, Measurable, Assignable, Realistic, Time-specific) goal for each wellness component for this week. What specific goal will you achieve this week?

☐ *Mental & Emotional Wellness*

Praise someone for their effort or strategy today. Be a leader and motivate someone.

☐ *Financial Wellness*

Complete your assignments for the Financial Wellness workshop. Invite someone to join the workshop.

DAY 24

READ HEBREWS 12:1-2,25-29

☐ *Spiritual Wellness*

Solitude: This week, let's focus on our practice of solitude. Solitude is the practice of spending time alone with God. You may choose to take a walk alone. You may choose to sit on your porch, patio or at the park. Once you have chosen your place, it is important to share this information with your prayer partner or friends. Set aside all electronic devices and remove any distractions. If you have young children, please select a time before they wake, when they are not at home or after they are sleep. If you have pets, please attend to their needs before you begin your practice. Set aside 20-30 minutes. Clear your mind and steady your breathing. Relax into the space. Remain completely silent for the full duration. Remain open to God's activity during this moment.

☐ *Physical Wellness*

Listen to your body and respond appropriately and learn to recognize early signs of illness. Schedule your doctor's appointment.

☐ *Mental & Emotional Wellness*

Self-Awareness means to look at self to navigate distress or elation and redirect emotions if necessary.

How do you redirect negative emotions?

☐ *Financial Wellness*

Join us for the Financial Wellness workshop

- Zoom Meeting ID: 830 4054 5235

DAY 25

READ HEBREWS 12:1-2,25-29

☐ *Spiritual Wellness*

Solitude: This week, let's focus on our practice of solitude. Solitude is the practice of spending time alone with God. You may choose to take a walk alone. You may choose to sit on your porch, patio or at the park. Once you have chosen your place, it is important to share this information with your prayer partner or friends. Set aside all electronic devices and remove any distractions. If you have young children, please select a time before they wake, when they are not at home or after they are sleep. If you have pets, please attend to their needs before you begin your practice. Set aside 20-30 minutes. Clear your mind and steady your breathing. Relax into the space. Remain completely silent for the full duration. Remain open to God's activity during this moment.

☐ *Physical Wellness*

Use prescription and non-prescription medication only as directed. Refrain from sharing medication with others. What may work for you, may not be beneficial to others.

☐ *Mental & Emotional Wellness*

Self-Acceptance

Accept yourself for who you are. Know when to provide room for yourself to process emotions.

☐ *Financial Wellness*

Cryptocurrencies are digital assets that may be used to exchange goods and services. Bitcoin is an example of a cryptocurrency.

DAY 26

READ HEBREWS 12:1-2,25-29

☐ *Spiritual Wellness*

Solitude: This week, let's focus on our practice of solitude. Solitude is the practice of spending time alone with God. You may choose to take a walk alone. You may choose to sit on your porch, patio or at the park. Once you have chosen your place, it is important to share this information with your prayer partner or friends. Set aside all electronic devices and remove any distractions. If you have young children, please select a time before they wake, when they are not at home or after they are sleep. If you have pets, please attend to their needs before you begin your practice. Set aside 20-30 minutes. Clear your mind and steady your breathing. Relax into the space. Remain completely silent for the full duration. Remain open to God's activity during this moment.

☐ *Physical Wellness*

For a well-balanced diet include 3 calcium rich foods each day into your meal planning, unless contraindicated. Calcium rich foods include: dairy, nuts, leafy green vegetables, whole grains, beans, nuts and seeds.

☐ *Mental & Emotional Wellness*

Coping Skills:

Your use of conscious or unconscious strategies used to reduce unpleasant emotions. How do you manage unpleasant emotions?

☐ *Financial Wellness*

Collect loose change in a jar. Once full, deposit into your savings account.

DAY 27

READ HEBREWS 12:1-2,25-29

☐ *Spiritual Wellness*

Solitude: This week, let's focus on our practice of solitude. Solitude is the practice of spending time alone with God. You may choose to take a walk alone. You may choose to sit on your porch, patio or at the park. Once you have chosen your place, it is important to share this information with your prayer partner or friends. Set aside all electronic devices and remove any distractions. If you have young children, please select a time before they wake, when they are not at home or after they are sleep. If you have pets, please attend to their needs before you begin your practice. Set aside 20-30 minutes. Clear your mind and steady your breathing. Relax into the space. Remain completely silent for the full duration. Remain open to God's activity during this moment.

☐ *Physical Wellness*

Exercising has many advantages. Stretching and flexibility exercises keep muscles and joints healthy and decreases the risk of injury.

☐ *Mental & Emotional Wellness*

Managing Stress

The ability to recognize stressors and have other activities or skills to manage it.

☐ *Financial Wellness*

Review your bank statement. Verify there are no inaccurate charges or fees.

DAY 28

READ HEBREWS 12:1-2,25-29

☐ *Spiritual Wellness*

Solitude: This week, let's focus on our practice of solitude. Solitude is the practice of spending time alone with God. You may choose to take a walk alone. You may choose to sit on your porch, patio or at the park. Once you have chosen your place, it is important to share this information with your prayer partner or friends. Set aside all electronic devices and remove any distractions. If you have young children, please select a time before they wake, when they are not at home or after they are sleep. If you have pets, please attend to their needs before you begin your practice. Set aside 20-30 minutes. Clear your mind and steady your breathing. Relax into the space. Remain completely silent for the full duration. Remain open to God's activity during this moment.

☐ *Physical Wellness*

Do activities that you enjoy such as bowling, dancing, yoga, walking, biking, etc. Remember to continue to wellness journey. If you sacrificed a food during this Lenten season, have you been consistent?

☐ *Mental & Emotional Wellness*

Recognize the common signs of stress which include: eating issues, sleeping problems, decision-making issues, procrastination, anger, crying often, frequent illness, and substance abuse.

☐ *Financial Wellness*

How has the Financial Wellness workshop benefited you?
Email us at health@elmgrovebc.org

DAY

29

READ

HEBREWS 13:1-16

☐ *Spiritual Wellness*

Acts of Kindness: This week, we will focus on our practice of serving others. As Christians, we are called to care for another. In Acts 2, we read about our the beloved community took such great care of one another that there was "no need among them." This week, identify ways that you can help others. You may pay it forward by paying for the person in behind you in line or you may donate gently used items. You may volunteer or you may donate fresh food to our Community Blessings Pantry in front of the church.

☐ *Physical Wellness*

Vinigrette salad dressings are much lower in saturated fat ("bad fats") than creamy ones like Caesar dressing.

A healthier alternative to white or instant rice is brown (whole grain) or basmati rice, which contains fiber, protein, and calcium.

☐ *Mental & Emotional Wellness*

According to the Project Helping organization, when you volunteer or do an intentional act of kindness for someone, you make an impact - both on them and on you.

☐ *Financial Wellness*

Complete your activities for the Financial Wellness workshop. Describe how your financial knowledge has improved.

DAY 30

READ HEBREWS 13:1-16



Spiritual Wellness

Acts of Kindness: This week, we will focus on our practice of serving others. As Christians, we are called to care for another. In Acts 2, we read about our the beloved community took such great care of one another that there was "no need among them." This week, identify ways that you can help others. You may pay it forward by paying for the person in behind you in line or you may donate gently used items. You may volunteer or you may donate fresh food to our Community Blessings Pantry in front of the church.



Physical Wellness

Since the pandemic, has your health awareness increased or decreased? Has your body weight increased? During this Lenten season, has your body decreased? Or do you feel more energetic?



Mental & Emotional Wellness

Stay positive and focus on the good things in your life. Forgive yourself and others for making mistakes. Spend time with healthy, positive people.



Financial Wellness

Join us for the Financial Wellness workshop

- Zoom Meeting ID: 830 4054 5235

DAY 31

READ HEBREWS 13:1-16



Spiritual Wellness

Acts of Kindness: This week, we will focus on our practice of serving others. As Christians, we are called to care for another. In Acts 2, we read about our the beloved community took such great care of one another that there was "no need among them." This week, identify ways that you can help others. You may pay it forward by paying for the person in behind you in line or you may donate gently used items. You may volunteer or you may donate fresh food to our Community Blessings Pantry in front of the church.



Physical Wellness

Use the stairs instead of the elevator, whenever possible. Park farther away from the store. Add extra steps to your physical regimen.



Mental & Emotional Wellness

Ask God to help you reflect on the ways your fast has softened your heart and influenced you to treat others differently.



Financial Wellness

Sow a seed of \$20 or more to a stranger.

DAY 32

READ HEBREWS 13:1-16

☐ *Spiritual Wellness*

Acts of Kindness: This week, we will focus on our practice of serving others. As Christians, we are called to care for another. In Acts 2, we read about our the beloved community took such great care of one another that there was "no need among them." This week, identify ways that you can help others. You may pay it forward by paying for the person in behind you in line or you may donate gently used items. You may volunteer or you may donate fresh food to our Community Blessings Pantry in front of the church.

☐ *Physical Wellness*

According the American Heart Association, being more active can help you to lower your blood pressure, boost your levels of good cholesterol, and keep your weight under control. Know your numbers. What are your blood pressure and cholesterol numbers?

☐ *Mental & Emotional Wellness*

Express how you feel. Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress.

☐ *Financial Wellness*

Sow a seed of \$20 or more to Southern University or a Historically Black College/University (HBCU) of your choice.

DAY 33

READ HEBREWS 13:1-16

☐ *Spiritual Wellness*

Acts of Kindness: This week, we will focus on our practice of serving others. As Christians, we are called to care for another. In Acts 2, we read about our the beloved community took such great care of one another that there was "no need among them." This week, identify ways that you can help others. You may pay it forward by paying for the person in behind you in line or you may donate gently used items. You may volunteer or you may donate fresh food to our Community Blessings Pantry in front of the church.

☐ *Physical Wellness*

High cholesterol (or low LDL) can damage the arteries that deliver oxygen to your heart and brain. Cholesterol levels can be controlled through improved eating habits and regular exercise. Making changes now can prevent a heart attack or stroke later.

☐ *Mental & Emotional Wellness*

Call/text a youth/young adult. Give a listening ear to what's happening in their life. Pray with and for them.

☐ *Financial Wellness*

Sow a \$25 seed to the youth/young adult you contacted today.

DAY 34

READ HEBREWS 13:1-16

☐ *Spiritual Wellness*

Acts of Kindness: This week, we will focus on our practice of serving others. As Christians, we are called to care for another. In Acts 2, we read about our the beloved community took such great care of one another that there was "no need among them." This week, identify ways that you can help others. You may pay it forward by paying for the person in behind you in line or you may donate gently used items. You may volunteer or you may donate fresh food to our Community Blessings Pantry in front of the church.

☐ *Physical Wellness*

Healthy eating, regular exercise, and other lifestyle factors will greatly reduce your risk of getting many kinds of cancers. Have regular medical checkups and avoid smoking.

☐ *Mental & Emotional Wellness*

Find a healthy balance between work and play, and between activity and rest. Make time for things you enjoy. GROW SOMETHING today.

☐ *Financial Wellness*

Place \$50 in an envelope and place it in a safe place.

DAY 35

HOLY WEEK JOHN 14: 1-6

☐ *Spiritual Wellness*

Cultivate: This week, as you move into deeper remembrance for Resurrection Sunday, take a moment to plant a seed. You may choose to start a garden. You may choose to invest in the vision God has given you during this season of prayer and fasting. You may choose to pour into someone God has assign you to serve. You may choose to take the first step forward into a new chapter. Remember that God loves you and will never leave you or forsake you. God is with you, even until the end of the age. Amen.

☐ *Physical Wellness*

Request your medical provider to evaluate the CURRENT need for your medication. Be sure you understand how and when to take your medications.

☐ *Mental & Emotional Wellness*

Mental illness may be related to a physical or emotion problem caused by a chemical imbalance in the brain. Identifying the true cause of mental illness may be difficulty. However, recognizing signs of mental illness may be more imperative.

☐ *Financial Wellness*

Continue to manage your debts. Seek to refinance high-interest loans.

DAY
36

HOLY WEEK
JOHN 14: 1-6

☐

Spiritual Wellness

Cultivate: This week, as you move into deeper remembrance for Resurrection Sunday, take a moment to plant a seed. You may choose to start a garden. You may choose to invest in the vision God has given you during this season of prayer and fasting. You may choose to pour into someone God has assign you to serve. You may choose to take the first step forward into a new chapter. Remember that God loves you and will never leave you or forsake you. God is with you, even until the end of the age. Amen.

☐

Physical Wellness

Your body mass index (BMI) is a number relating your weight to your height. Your recommended BMI is 20-25. A high BMI is linked to heart disease and other chronic diseases.

☐

Mental & Emotional Wellness

This is our last week, determine how you will continue to strive for balance in your life. Allow God to take complete control of your life.

☐

Financial Wellness

Join us for the Financial Wellness workshop

- Zoom Meeting ID: 830 4054 5235

DAY 37

HOLY WEEK JOHN 14: 1-6

☐ *Spiritual Wellness*

Cultivate: This week, as you move into deeper remembrance for Resurrection Sunday, take a moment to plant a seed. You may choose to start a garden. You may choose to invest in the vision God has given you during this season of prayer and fasting. You may choose to pour into someone God has assign you to serve. You may choose to take the first step forward into a new chapter. Remember that God loves you and will never leave you or forsake you. God is with you, even until the end of the age. Amen.

☐ *Physical Wellness*

Describe what you have learned from your encouraging partner. Has this new relationship cultivated a long-lasting relationship?

☐ *Mental & Emotional Wellness*

Stand or sit in a posture that you mentally associate with being strong for 2 minutes to increase confidence.

☐ *Financial Wellness*

Avoid hiding from your creditors. Instead, negotiate a payment holiday or plan as early as possible.

DAY 38

HOLY WEEK JOHN 14: 1-6

☐ *Spiritual Wellness*

Cultivate: This week, as you move into deeper remembrance for Resurrection Sunday, take a moment to plant a seed. You may choose to start a garden. You may choose to invest in the vision God has given you during this season of prayer and fasting. You may choose to pour into someone God has assign you to serve. You may choose to take the first step forward into a new chapter. Remember that God loves you and will never leave you or forsake you. God is with you, even until the end of the age. Amen.

☐ *Physical Wellness*

It is day 38 and you are still striving to achieve a better health plan for your future. Don't forget to assess your blood glucose level. A fasting blood glucose level of 100 or above may indicate a glucose tolerance problem and an increased risk of diabetes.

☐ *Mental & Emotional Wellness*

Write a letter of appreciation to a loved one and read it to them by phone or person.

☐ *Financial Wellness*

Very good, you have been saving. Have you considered generating a new income stream (e.g., additional job, monetize a hobby, etc.)?

DAY 39

HOLY WEEK JOHN 14: 1-6

GOOD FRIDAY PRAYER SERVICE

Join the EGBC Prayer Team
for Prayer April 15, 2022

8 am - 8 pm

In-Person in the Sanctuary

☐ *Spiritual Wellness*

Cultivate: This week, as you move into deeper remembrance for Resurrection Sunday, take a moment to plant a seed. You may choose to start a garden. You may choose to invest in the vision God has given you during this season of prayer and fasting. You may choose to pour into someone God has assign you to serve. You may choose to take the first step forward into a new chapter. Remember that God loves you and will never leave you or forsake you. God is with you, even until the end of the age. Amen.

☐ *Physical Wellness*

Check your smoke detectors at least once a month. Most deaths from home fires involve houses without working smoke detectors. Keep striving for excellence.

☐ *Mental & Emotional Wellness*

Do something creative for 1 hour today (e.g., journal, dance, sing, knit, collage, draw, cook).

☐ *Financial Wellness*

Continue to ask yourself if you "need" to purchase an item or do you "want" the item.

DAY 40

HOLY WEEK JOHN 14: 1-6

☐ *Spiritual Wellness*

Cultivate: This week, as you move into deeper remembrance for Resurrection Sunday, take a moment to plant a seed. You may choose to start a garden. You may choose to invest in the vision God has given you during this season of prayer and fasting. You may choose to pour into someone God has assign you to serve. You may choose to take the first step forward into a new chapter. Remember that God loves you and will never leave you or forsake you. God is with you, even until the end of the age. Amen.

☐ *Physical Wellness*

Celebrate your successes with your encouraging partner. These past 40 days you have developed a new mindset about your health goals.

☐ *Mental & Emotional Wellness*

Take a mental vacation for 10-minutes and visualize your journey over the last 40 days. Try to engage your 5 senses in your visualization.

☐ *Financial Wellness*

Share your financial journey. We would like to hear about your successes and challenges. Send your thoughts to health@elmgrovebc.org

SELF-CARE CHECKLIST

TICK THE THINGS YOU'VE DONE RECENTLY

- ☐ Stretch all your muscles
- ☐ Organize your closet
- ☐ Drink more water
- ☐ Eat vegetarian meals
- ☐ Drink a green juice
- ☐ Cook your favorite meal
- ☐ Listen to your favorite song
- ☐ Go for a walk in nature
- ☐ Go to bed earlier
- ☐ Take a nice bubble bath
- ☐ Go for a morning jog
- ☐ Dip your feet in warm water
- ☐ Eat your favorite dessert
- ☐ Start a new hobby
- ☐ Get some sunlight
- ☐ Create your ideal future
- ☐ Go on a solo date
- ☐ Give yourself a break



FOCUS PLAYLIST



- 1) What's Going On - Marvin Gaye
- 2) My Life is in Your Hands - God's Property
- 3) Fannie Lou Hammer DNC 1964 - Fannie Lou Hamer
- 4) For Every Mountain (Live) - Kurt Carr
- 5) Is Your All on the Altar? - Yolanda Adams
- 6) The Battle is the Lord's - Yolanda Adams
- 7) Lord You Are Good - Todd Galberth
- 8) He Still Loves Me - Beyonce & Walter Williams
- 9) Praise Him in Advance - Marvin Sapp
- 10) Trust In You - Anthony Brown
- 11) Total Praise - Richard Smallwood
- 12) Love Him Like I Do - Deitrick Haddon, Ruben Studdard, Mary Mary
- 13) Faithful is Our God - Hezekiah Walker & The Love Fellowship Choir
- 14) That Blackness - Nina Simone
- 15) Your Tears - Bishop Paul Morton, Sr.
- 16) Standing in the Need - New Life Community Choir
- 17) God Provides - Tamela Mann
- 18) Jesus Can Work it Out (The Remix) - Dr. Charles Hayes & The Warriors
- 19) Let Your Power Fall - James Fortune
- 20) Inner City Blues - Marvin Gaye
- 21) Jesus Be a Fence All Around Me (Live) - Fred Hammond & Radical for Christ
- 22) Still Here - The Williams Brothers
- 23) Mercy Mercy Me - Marvin Gaye
- 24) Just Want to Praise You - Maurette Brown Clark
- 25) Bless Me (The Prayer of Jabez) - Donald Lawrence & The Tri City Singers
- 26) Making the Struggle Every Day - Ella Baker
- 27) I Don't Feel No Ways Tired - James Cleveland
- 28) Yes Reprise (Live) - Shekinah Glory Ministry
- 29) A Change is Gonna Come - Sam Cooke
- 30) Thank You - Richard Smallwood
- 31) A Knock at Midnight - Dr. Martin Luther King, Jr.
- 32) We Gon Be Alright - Tye Tribbet
- 33) Set the Atmosphere - Kurt Carr & The Kurt Carr Singers
- 34) Glory - Common, John Legend
- 35) Hold On (Change is Coming) - Sounds of Blackness
- 36) Overcoming Discouragement - Dr. Martin Luther King, Jr.
- 37) Be Encouraged - William Becton
- 38) We Are One - Maze featuring Frankie Beverly
- 39) Lift Every Voice and Sing (Video) - Kirk Franklin
- 40) Say it Loud, I'm Black and I'm Proud - James Brown