

# 40 DAYS OF FOCUS

February 14 - March 30, 2024

THEME: "CULTURE OF GRACE"  
JOHN 1:16



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Pastor Errol Domingue

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# 40 DAYS OF PRAYER, FASTING & WELLNESS

Sisters and Brothers,

I thank God for you and our divine connection to God and to one another. I count it a blessing that God's divine order allows us to share in worship, fellowship, and service. While I recognize that no faith community will be perfect in mine or anyone else's eyes, I'm confident that God is pleased with our effort, much more than we disappoint God.

I count it a joy that we should traverse another season of 40 Days of Focus together. This is a time for fasting, praying, meditation, and self-improvement activities.

Please be sure, that this season is among the most important seasons for every born-again believer. This is a time that we slow down as much as possible, for reflection, contemplation, atonement, repentance, and correction. It is during these days that we as individuals and a collective work to draw closer to God and to improve our thoughts, words, and actions as human beings in God's creation.

In other words, this is the time of the year that we make sure to solidify our spiritual grounding through both metaphysical and practical application. Believe me when I tell you that this spiritual grounding is as important (perhaps even more important) when we consider the very serious military (wars), political, social, and economic attacks on the people of God. This is not the time to lean back. This is the time to *"...be strong in the Lord and in the power of His might"* (Ephesians 6:10, NKJV).

Allow me to encourage you that we will not complete or benefit from this manual alone. This is a team activity. So please form teams and partnerships with fellow believers to encourage one another and to ensure accountability. Above all trust in the grace of God!

Yours in love,  
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.

# SELF-AWARENESS RESOURCES

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

III John 1:2 (NKJV)

According to the Collaborative for Academic Social, and Emotional, Learning (CASEL), SELF-AWARENESS is simply the ability to be aware of one's inner life - one's emotions, thoughts, behaviors, values, preferences, goals and strengths.

We have provided you with a variety of resources to utilize during the next 40 days as you self-reflect and enhance your spiritual and physical being.

Resource Tools:

- **Self-Awareness Assessment**
  - During the first week of the 40 DOF, complete the following:
    - Assessing Yourself
    - Self-Care in Practice
    - Self Reflection
- **Role of Gratitude**
  - Utilize a journal to write your daily thoughts in.
  - Complete the:
    - Role of Gratitude during the first week of DOF.
    - Daily complete the:
      - Notes section or personal journal
      - 40 Day Self Challenge (feel free to complete more than one a day)
- **Monthly Budget and Savings Plan**
  - Complete this document for the month of February and March
  - Join us by setting a savings goal of \$500 by the end of 40 DOF. Feel free to modify your savings goal as you see fit. (The goal is to change your spending habits and improve your financial wealth.)

# ASSESSING YOURSELF

## Physical Self Care

	Y	N
Got Enough Sleep	<input type="radio"/>	<input type="radio"/>
Eat healthy	<input type="radio"/>	<input type="radio"/>
Balanced Diet	<input type="radio"/>	<input type="radio"/>
Get Regular Exercise	<input type="radio"/>	<input type="radio"/>
See a Healthcare Provider when needed	<input type="radio"/>	<input type="radio"/>

NOTE:

## Mental Self Care

	Y	N
Take time to relax	<input type="radio"/>	<input type="radio"/>
Joy and Fulfillment in activities	<input type="radio"/>	<input type="radio"/>
Support System	<input type="radio"/>	<input type="radio"/>
Practice Mindfulness	<input type="radio"/>	<input type="radio"/>
Stay present in the moment	<input type="radio"/>	<input type="radio"/>

NOTE:

## Social Self Care

	Y	N
Strong and Supportive Relationship with friends and family	<input type="radio"/>	<input type="radio"/>
Make time for social activity	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Say no when necessary	<input type="radio"/>	<input type="radio"/>

NOTE:

## Spiritual Self Care

	Y	N
Have a sense of purpose and meaning in your life	<input type="radio"/>	<input type="radio"/>
Practice self-reflection and mindfulness	<input type="radio"/>	<input type="radio"/>
Have a sense of connection to God?	<input type="radio"/>	<input type="radio"/>

NOTE:

# SELF-CARE IN PRACTICE

Effective stress management can be incorporated into your daily and weekly routines. Research has shown that the following can affect your health and well-being: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection. Write down options that seem right for you, your values, priorities, resources, and lifestyle.

RELAXATION PRACTICE

DIFFICULT FOR ME

FOOD CHOICES

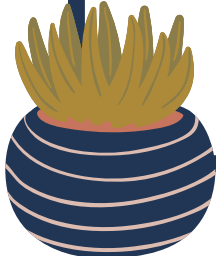
DIFFICULT FOR ME

PHYSICAL ACTIVITY

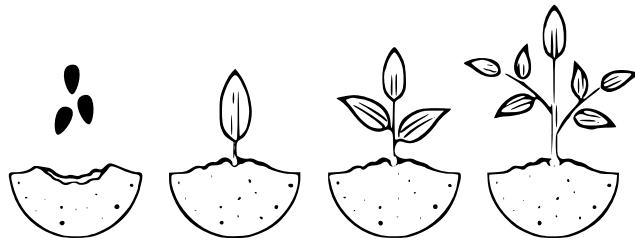
DIFFICULT FOR ME

CONNECTION/SPIRITUALITY

DIFFICULT FOR ME







## SELF-REFLECTION: Identifying Your Current Mindset

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify your mindset:

1

How do I react when I face a challenge in my personal or professional life? Do I tackle it head-on or shy away?

2

Do I appreciate feedback and criticism, viewing them as chances to improve? Or do I become defensive and disheartened?

3

What are my beliefs about my abilities? Do I believe I can grow and change, or am I stuck with what I have?

# THE ROLE OF GRATITUDE IN Mastering Your Mindset

Gratitude shifts our focus from what we lack to what we have. This positive shift in focus can reduce stress, increase happiness, and improve overall well-being. Here's a few ways to begin practicing gratitude:

## Gratitude Journal

Dedicate a few minutes every night to jot down three things you were grateful for that day.

## Express Gratitude

Take a few moments each day to let those around you know that you appreciate them.

## Mindful Moments

Throughout the day, take small moments to savor positive experiences.

# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*Daily Affirmation*

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NOTES & FREE THOUGHTS



# 40-DAY

## Self Care Challenge

Select any day to complete the activity.

Wake up an hour earlier to meditate	Plan a weekend getaway	Prepare a meal for yourself and a friend	Start a 500 piece jigsaw puzzle	Treat yourself to one spa service
Take a walk outside	Exercise early in the morning	Listen to a calming song	Stretch all your muscles	Write your thoughts in a journal
Do your skincare routine	Look and reminisce at old photos	Organize your work space	Join a charity program	Create a bucket list
Learn a new language or Bible verse	Play with your pet or plant a flower	Watch the sunrise or sunset	Take a warm bubble bath	Cook your favorite meal
Go on a solo date	Start a new hobby	Watch your favorite movie	Call 2 friends	Practice simple meditation
Help a child or elder	Tidy up your bedroom or closet	Eat more fruits and vegetables	Drink a cup of herbal tea	Try waking up before 6 am
Limit your sugar intake	Don't eat processed food	Spend some time outside	Write 3 encouraging words to yourself	Have a game night
Develop a plan for an additional stream of income	Walk 2500 steps	Walk 5000 steps	Walk 7500 steps	Walk 10K steps

# MONTHLY BUDGET

MONTH OF

<b>INCOME</b>			
DATE	SOURCE	CATEGORY	AMOUNT

<b>BILLS &amp; FIXED EXPENSES</b>		
DATE	SOURCE	AMOUNT

<b>VARIABLE EXPENSES</b>		
DATE	SOURCE	AMOUNT

<b>SUMMARY</b>	
SOURCE	AMOUNT
INCOME	
BILLS & FIXED EXPENSES	
VARIABLE EXPENSES	
BALANCE	

# SAVINGS TRACKER

YEAR OF

SAVING FOR

AMOUNT NEEDED

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MONTH	WEEK 1	WEEK 2	WEEK 3	WEEK 4	TOTAL
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JANUARY					
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FEBRUARY					
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MARCH					
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APRIL					
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MAY					
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JUNE					
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JULY					
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AUGUST					
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SEPTEMBER					
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OCTOBER					
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NOVEMBER					
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DECEMBER					
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DAY

1

READ

JOHN 1:1-5

February 14

***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.

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***Physical Wellness***

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

***Mental & Emotional Wellness***

Self-awareness:

1. Complete the Self-Awareness Assessment (see *Wellness Resources*).
2. Describe what you discovered about yourself.

***Financial Wellness***

Define your view of personal financial wellness.

DAY  
2

READ

February 15

JOHN 1:14-17

***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,

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***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***

According to the Understood Organization, growth mindset is a mindset that believes that skills, knowledge, and capabilities can be developed and enhanced with work, education, and persistence.

What are some challenges you are facing? List some possible solutions to these challenges.

***Financial Wellness***

Complete the Monthly Budget form (see Wellness Resources).

1. Are you overspending, saving, or living your best life?
2. What would like to change about your spending habits?



DAY  
3

READ  
EPHESIANS 1:3-6

February 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.

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***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***

Participate in the \$500 in 40 Days Savings Challenge

- Evaluate your budget.
- Are you able to save \$83 per week, beginning the week of 02/19/2024? If not, set your own savings goal.

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DAY  
4

READ

February 17

EPHESIANS 1:7-12

***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.

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***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, praying, and water intake.

***Mental & Emotional Wellness***

- Turn on some music! Do a 30-minute Housework Workout. Sweep, mop, and water your plants.
- Journal about your week. State how you feel. What worked well? Describe your best achievement for the week.

***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?

# Notes

Date: \_\_\_\_\_

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**DAY**  
**5****READ**  
**EPHESIANS 1:13-14**

February 19

 ***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.

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 ***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. Try JUICING.
- 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.)
- Track your mood (see Self-Awareness Resources).

 ***Financial Wellness***

- What have you learned about your spending habits?
- Today begins our Savings Challenge (\$83/week or \$12/day)
- Bring your lunch to work or prepare your own meal.

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**DAY**  
**6**

February 20

**READ****EPHESIANS 1:17-18** ***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.

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 ***Physical Wellness***

- Drink water or 100% fruit juice
- Walk for 15 minutes
- Remove fried foods from your meals.
- Use olive oil instead of vegetable oil when preparing your meal.

 ***Mental & Emotional Wellness***

- Spend 30 minutes removing physical clutter from a small space (i.e., organize your closet, countertops, or workspace).
- Track your mood. Describe why you feel this way.

 ***Financial Wellness***

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

DAY  
7

READ

February 21

EPHESIANS 1:19-21

***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.

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***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).
- Disconnect from social media one-hour before going to bed.
- Invite someone to SMARTCHURCH at Noon and SMARTCHURCH AMPLIFIED.

***Financial Wellness***

- Leave your credit cards at home. Today is a NO -SPEND day.
- Don't cheat and buy extra the day before.

DAY  
8

READ

February 22

EPHESIANS 1:22

***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.

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***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.
- Recall a concept you learned during SMARTCHURCH. How has it impacted your way of thinking, living, and/or meditating?

***Financial Wellness***

- Define your long-term financial goals. Write them down and let them take roots in your brain.
- Adjust your financial mindset. Identify barriers you have encountered with your finances.

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**DAY**  
**9****READ**

February 23

**EPHESIANS 4:1-6** ***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.

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 ***Physical Wellness***

Friday Wind Down, but keep pushing!

- Walk for 15-minutes outdoors
- Check on your encouraging partner
- Enjoy a low-calorie dessert.

 ***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.
- Prepare to transfer funds to your savings or store it safely.



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**DAY**  
**10****READ**

February 24

**EPHESIANS 4:7; 11-12** ***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.

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 ***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](mailto:information@elmgrovebc.org)
- Journal about your week.

 ***Financial Wellness***

- Week 1 - Savings Challenge Goal: \$83.00
- What are you planning to do with the funds you are saving?

# Notes

Date: \_\_\_\_\_

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**DAY**  
**11****READ**

February 26

**EPHESIANS 4:13-15** ***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)

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 ***Physical Wellness***

- Increase your walking duration to 30-minutes per day
- Moving forward remove red meat from your diet
- So far, no sodas, fried foods, nor red meat.

 ***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)
- It's the beginning of your week. Journal about what you would like to accomplish.

 ***Financial Wellness***

Use your weekly cash envelope to determine how much you will spend this week

DAY  
12

February 27

READ  
EPHESIANS 4:16

***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)

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***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***

- Determine which low balance debt you can pay-off soon.
- Create a plan to pay-off the debt.

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**DAY**  
**13**

February 28

**READ**  
**EPHESIANS 5:1-2** ***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)

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 ***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; and repeat
- Invite someone to SMARTCHURCH at Noon and SMARTCHURCH AMPLIFIED.

 ***Financial Wellness***

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

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**DAY**  
**14****READ**  
**EPHESIANS 5:8-10**

February 29

 ***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)

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 ***Physical Wellness***

- Walk for 30-minutes
- Try a new low-salt herbal recipe
- Send your recipe to [information@elmgrovebc.org](mailto:information@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***

- Review your credit report for accuracy.
- Reduce your grocery spending by creating a list BEFORE you grocery shop.

---

DAY  
15

READ  
EPHESIANS 6:10-13

March 1

***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)

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***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 a stand up comedy, 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.

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**DAY**  
**16****READ**

March 2

**EPHESIANS 6:14-18** ***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)

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 ***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***

Week 2 - Savings Challenge Goal: \$166  
How much have you saved?



# Notes

Date: \_\_\_\_\_

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DAY  
17

READ

March 4

PHILIPPIANS 4:6-7

***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.

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***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.
- Consider Pastor Domingue's sermon while reflecting. What message impacted you about the sermon?

***Financial Wellness***

- List 3 future financial goals.
- What are your retirement plans?

# DAY 18

# READ PHILIPPIANS 4:8

## *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.

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## *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*

- Determine where your money is leaking. On what valueless things are you spending that you could eliminate.
- Refrain from impulse or online shopping.

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**DAY**  
**19****READ**

March 6

**PHILIPPIANS 4:11-13** ***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.

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 ***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 Noon 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.
- Explore possibilities of earning extra income.

DAY  
20

READ

March 7

2 CORINTHIANS 1:1-6

***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.

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***Physical Wellness***

- Identify any food addictions and challenges during this Lenten season.
- How has your encouraging partner enhanced your journey thus far? Discuss this with him/her.

***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

March 8

2 CORINTHIANS 4:5-6; 7-8

***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.

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***Physical Wellness***

You've made it! Encourage others to join your wellness journey. Remember to continue your healthy eating plan. How many steps are you averaging per day?

***Mental & Emotional Wellness***

- Watch a movie or TV show with a family member or friend. Relax and disconnect from work.
- What is your mood today? (see Wellness Resources)

***Financial Wellness***

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

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**DAY**  
**22****READ**  
**2 CORINTHIANS 4:15** ***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.

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 ***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. How many hours of sleep do you average per day?

 ***Mental & Emotional Wellness***

- Exercise your mind (i.e., complete a jigsaw puzzle, sudoku, crossword, etc.)
- Journal about your week. Discuss your savings challenge journey.

 ***Financial Wellness***

- Week 3 - Savings Challenge Balance: \$249.00 (halfway there)
- Review your spending and saving habits. Are you on track to meet your savings goal for this FOCUS challenge?

# Notes

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**DAY**  
**23****READ**

March 11

**2 CORINTHIANS 5:17-19** ***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.

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 ***Physical Wellness***

Contact your encouraging partner. Are you walking 5,000 steps or more a day? Take a walk outdoors with your partner, weather permitting.

 ***Mental & Emotional Wellness***

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

 ***Financial Wellness***

Determine what triggers you to emotional spending and set strategies to prevent it in the future.

DAY  
24

READ

2 CORINTHIANS 5:20-21

***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.

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***Physical Wellness***

Listen to your body and respond appropriately and learn to recognize early signs of illness. Schedule your doctor's appointment. "Know Your Numbers" - blood pressure, blood glucose, pulse, and cholesterol.

***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***

Today is a NO SPEND DAY!

# DAY

# 25

# READ

## 1 CORINTHIANS 9: 24-27A

### *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.
- Invite someone to SMARTCHURCH at Noon and SMARTCHURCH AMPLIFIED.

### *Financial Wellness*

Cryptocurrencies are digital assets that may be used to exchange goods and services. Bitcoin is an example of a cryptocurrency. Are you investing your money in diverse accounts?

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**DAY**  
**26****READ**

March 14

**1 CORINTHIANS 13:1-3** ***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.

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 ***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?
  - Journal about your coping mechanisms.

 ***Financial Wellness***

Collect loose change in a jar. Once full, deposit into your savings account or give to the EGBC Summer Work Program.

# DAY 27

# READ 1 CORINTHIANS 13:4-7

## *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. Have you checked in with your encouraging partner?

## *Mental & Emotional Wellness*

- Managing Stress
  - The ability to recognize stressors and have other activities or skills to manage it.
  - What has been causing you undue stress? How do you release stress?

## *Financial Wellness*

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

# DAY 28

# READ

## 1 CORINTHIANS 13:8-10

### *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.

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### *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*

- Week 4 - Savings Challenge Balance: \$332.00
- Have you deposited your \$83 for this week?

# Notes

Date: \_\_\_\_\_

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**DAY**  
**29****READ****1 CORINTHIANS 13:11-12** ***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. Eat a salad everyday with your meals or as a meal.

 ***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.
- What will you do differently this week?

 ***Financial Wellness***

- Do you utilize auto bill pay? List some pros and cons for this service.
- Decrease some subscriptions (e.g., Netflix, Hulu, etc.).



# DAY 30

## READ

### 1 CORINTHIANS 13:13

#### *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 weight 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.
- What is your mood today? Journal about your mood.

#### *Financial Wellness*

Challenge yourself to spend less than \$20 today.

# DAY 31

# READ JOHN 15:1-4

## *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.
- Invite someone to SMARTCHURCH at Noon and SMARTCHURCH AMPLIFIED.

## *Financial Wellness*

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

DAY  
32

READ  
JOHN 15:5-8

***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.

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***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.

Don't forget to wish Pastor Domingue a very Happy Birthday!

***Financial Wellness***

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

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**DAY**  
**33****READ**  
**JOHN 15: 9-10** ***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.

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 ***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.

- Since we have removed fried foods from our diet, continue to remove processed foods from your meal plan.

 ***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  
JOHN 15:11-17



### *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*

Week 5 - Savings Challenge Balance: \$415.00

# Notes

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# DAY 35

## HOLY WEEK

### HEBREWS 4:14-16

#### *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.

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#### *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 and credit cards.

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# DAY 36

# HOLY WEEK

## HEBREWS 11:1-3

March 26

### *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.

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### *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.

- Determine what you will do to continue your healthy living journey.

### *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*

Journal about your Savings Challenge journey. What has been difficult for you to do?



DAY  
37

HOLY WEEK  
HEBREWS 12:1-2

March 27

***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.

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***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.
- Invite someone to SMARTCHURCH at Noon and SMARTCHURCH AMPLIFIED.

***Financial Wellness***

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

# DAY 38

## HOLY WEEK

### HEBREWS 12:12-14

#### *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.

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#### *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  
HEBREWS 12:28

**GOOD FRIDAY  
PRAYER SERVICE**

Join the EGBC Prayer Team  
for Prayer March 29, 2024  
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.

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***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

### HEBREWS 13:20-21

#### *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.

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#### *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*

- FINAL SAVINGS CHALLENGE BALANCE: \$500
- Were you able to achieve the goal? What will you do with your savings?
- Share your financial journey. We would like to hear about your successes and challenges. Share your experiences with us by emailing [information@elmgrovebc.org](mailto:information@elmgrovebc.org)

# Notes

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# FOCUS PLAYLIST

- 1) Lord Give Me You - Shana Wilson-Williams
- 2) Your Grace and Mercy - Mississippi Mass Choir
- 3) Take It Back - Dorinda Clark-Cole
- 4) Jesus Promised - Bishop Norman L. Wagner
- 5) You Deserve It - JJ Hairston, Youthful Praise
- 6) Brighter Day - Kirk Franklin
- 7) What Is Your Life's Blueprint? - Dr. Martin Luther King, Jr.
- 8) Wake Up Everybody - Harold Melvin & The Blue Notes
- 9) Still - Brian Courtney Wilson
- 10) Order My Steps - S.U. Human Jukebox
- 11) Love's In Need of Love Today - Stevie Wonder
- 12) Every Praise - Hezekiah Walker
- 13) All the Glory - Ricky Dillard
- 14) 7 Civil Rights Leader You Need to Know - History Countdown
- 15) God's Got a Blessing (with my name on it) - Norman Hutchins
- 16) You Are Mighty - Olorun Agbaye
- 17) Who's on the Lord's Side - Min. Timothy Wright
- 18) Calvary - Richard Smallwood
- 19) Impossible - Pastor Mike Jr. & James Fortune
- 20) Here I Am - Marvin Sapp
- 21) Every Blessing - Brian Courtney Wilson
- 22) The Drum (Africa to America) - Sounds of Blackness
- 23) Again I Say Rejoice - Israel Houghton & New Breed
- 24) Act Like You Know - LaShun Pace
- 25) Thank You Sir - Pastor Danny R. Hollins & The Greater Fairview Sanctuary
- 26) Optimistic - Sounds of Blackness
- 27) Watch Me Praise Him - Deitrick Haddon & Voices of Unity
- 28) I Do Worship - The New Life Community Choir
- 29) He Ain't Heavy, He's My Brother - Donny Hathaway
- 30) Near the Cross - Mississippi Mass Choir
- 31) Deliver Me (This Is My Exodus) - Donald Lawrence
- 32) Let the Church Say Amen - Southern University Human Jukebox
- 33) Still Here - The Williams Brothers
- 34) Blessed & Highly Favored - The Clark Sisters
- 35) Cycles - Jonathan McReynolds
- 36) That's What I Believe - Donnie McClurkin
- 37) Just Want to Praise You - Maurette Brown Clark
- 38) Sack Full of Dreams - Donny Hathaway
- 39) Keep the Faith - Charles Jenkins
- 40) Ain't No Need to Worry - The Winans

