## 2019 CHRISTIAN PLANNER

— Veteran-Owned Business —

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## 2019 CHRISTIAN PLANNER

### WELCOME!

Welcome to the **Christian Planner Family!** 2019 marks the third anniversary of our small, family-owned company. It's because of your support that we're able to continue this wonderful journey. The Christian Planner has been a companion for thousands of Christians, and I pray that it will become a keepsake on your journey of Faith. You and your family will have the prayers and support of our team and our community. 2019 here we come—He has risen!

In Christ, Victor, CEO & Founder

## HOW TO USE THE PLANNER

Below are some guidelines to follow throughout the year.

## AT THE BEGINNING OF THE YEAR

## **Design your Vision Board**

Through the use of pictures, words, symbols, etc., use this section creatively define what makes up the foundation of YOU. This section is a blast and will inspire you! Why? Because YOU are awesome.

## Fill out your Healthy Habit Goals Chart

This exercise asks you to commit to actions that will improve your life, your relationship with God and with others in 2019.

## **EVERY WEEK**

## **Dive into your Weekly Devotional**

These two pages aim to guide you on your Christian walk throughout the year. There are dedicated spaces for Sunday Service and Bible Study notes, ensuring that you enter into the right mindset going into the week.

## **EVERY DAY**

### Write in your daily appointments, tasks, and top priorities

In this section, there is plenty of space to stay focused and ensure a productive week.

### **Daily Healthy Habit Tracker**

Use this tracker to keep track of good habits and acts of kindness you want to accomplish throughout the week i.e. making your bed, praying everyday, calling a friend or family member, etc.

## **EVERY MONTH**

Write in all of your big monthly events and goals!

## SOCIAL MEDIA









## **MY VISION BOARD**

Below are some questions to help you create your Vision Board. Cut and paste photos, write words/quotes/prayers, draw pictures, etc. This is YOUR VISION!

What are your favorite	Church images?						
What are volir diffs?	יייים מוכן אמו פוונים:						
Where do you	want to travel?						
What are your	favorite quotes?						
Favorite Heroes?							

What are your dreams?

	LIFETIME
BUCKET LIST	NEXT 5 YEARS
	2019

## MY HEALTHY HABIT GOALS

Pray and make a Covenant with God this year. In each quadrant write down how you can improve your life, your relationship with Christ and with others. Big, small, personal and spiritual - everything counts!

## **EXAMPLES**

DAILY / OFTEN

Call/text a family member **GIVE THANKS** Make my bed Daily Prayer

## 1-2 TIMES A WEEK

N3/40/17/40

,? TIMES A WEEK

Volunteer at a soup kitchen Bible Study

## 1-2 TIMES A MONTH

Go on a retreat Run a 5K

Mission trip

## 1-3 TIMES A YEAR

Hike Half Dome

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## 2019 YEAR OVERVIEW

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JUN 14 - Flag Day JUN 16 - Father's Day

J U N 21 - Summer Solstice

J U L 04 - Independence Day S E P 02 - Labor Day

MAR 17 - St. Patrick's Day APR 01 - April Fool's Day APR 14 - Palm Sunday

APR 19 - Good Friday

APR 21 - Easter Sunday

DEC 21 - Winter Solstice DEC 24 - Christmas Eve

DEC 25 - Christmas Day

DEC 31 - New Years' Eve

## **2020 YEAR OVERVIEW**

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11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
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MAR 17 - St. Patrick's Day APR 01 - April Fool's Day APR 05 - Ash Wednesday APR 10 - Good Friday APR 12 - Easter Sunday

F E B 02 - Groundhog Day

FEB 14 - Valentine's Day

FEB 17 - Presidents' Day FEB 26 - Ash Wednesday

MAR 08 - Daylight Saving Time Starts

APR 19 - Orthodox Easter MAY 05 - Cinco de Mayo MAY 07 - National Day of Prayer MAY 10 - Mother's Day MAY 16 - Armed Forces Day MAY 25 - Memorial Day JUN 14 - Flag Day

J U N 20 - Summer Solstice

JUN 21 - Father's Day J U L 04 - Independence Day S E P 07 - Labor Day NOV 01 - All Saints' Day NOV 02 - All Souls' Day

NOV 03 - Election Day

NOV 11 - Veterans Day NOV 26 - Thanksgiving Day

NOV 29 - First Sunday of Advent

DEC 21 - Winter Solstice DEC 24 - Christmas Eve DEC 25 - Christmas Day DEC 31 - New Years' Eve

## JANUARY 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
MOTTHET GOALG	33112711	III OND THE	
			1
			New Years' Day
	6	7	8
		Orthodox Christmas Day	
	13	14	15
	20	21	22
	20	21	22
		Martin Luther King, Jr. Day	
	27	28	29

## **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

## "To every thing there is a season, and a time to every purpose under the heaven." ECCLESIASTES 3:1

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

## **ACTION**

How can I demonstrate love for God and for others this month?

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

## REFLECTION

What were the blessings in my life last week? What am I grateful for right now?

	"So	teach us to	number c	our days,	that we	may get a	heart o	f wisdom."	PSALM 90:12
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## BIBLE STUDY NOTES - SKETCH - PREPARE

	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

## DECEMBER 2018 & JANUARY 2019

TO DO'S	30 SUNDAY	31 MONDAY	1 TUESDAY
	MORNING	MORNING	MORNING
	AFTERMOON	AFFERMOON	A ETTERNOON
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

**WEEKLY GOALS** 

## "In all your ways acknowledge him, and he will make straight your paths." PROVERBS 3:6

2 WEDNESDAY	3 THURSDAY	4 FRIDAY	5 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

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# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

## **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"May he grant you your	heart's desire and f	ulfill all your p	olans!" psalm 20:4
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## BIBLE STUDY NOTES - SKETCH - PREPARE

## What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

## JANUARY 2019

TO DO'S	6 SUNDAY	7 MONDAY	8 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	A TEINOON	74 TEHROOM	A TENOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

## "And let the peace of Christ rule in your hearts." ${\scriptsize colossians\ 3:15}$

9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

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	"For God, For You & For Others"	_
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## WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

## **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"A blessing for you, because the Lord your God loved you." DEUTERONOM	"A	blessing	for you,	because t	the Lo	rd your	God	loved	you."	DEUTERONOMY :
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## BIBLE STUDY NOTES - SKETCH - PREPARE

			ACTION			
What can	I do to improve my life,	my relationship	with God and with others	this week. Cor	nmit to at least one for nex	ct week
	FOR ME	1	FOR GOD	ĺ	FOR OTHERS	

## JANUARY 2019

TO DO'S	13 SUNDAY	14 MONDAY	15 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	7 II EII VOOIV	74 FERROOM	74 IEMOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

## "He has made everything beautiful in its time." ${\tt ecclesiastes\ 3:11}$

16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

D	AILY HEALTHY HABIT TRACKE	ER .
	"For God, For You & For Others"	_
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# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

## **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"Every good	gift and	every	perfect s	gift is	from	above."	JAMES 1:17
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## BIBLE STUDY NOTES - SKETCH - PREPARE

ACTION					
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.					
FOR ME	FOR GOD	FOR OTHERS			

## JANUARY 2019

TO DO'S	20 SUNDAY	21 MONDAY	22 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING
	EVENTING	EVENTING	EVENING

WEEKLY GOALS

## "And whenever you stand praying, forgive, if you have anything against anyone." MARK 11:25

23 WEDNESDAY	24 THURSDAY	25 FRIDAY	26 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER								
	"For God, For You & For Others"							
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## FEBRUARY 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	3	4	5
	10	11	12
	17	18	19
		Presidents' Day	
	24	25	26

## **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

## "Anyone who does not love does not know God, because God is love." 1 JOHN 4:8

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Groundhog Day
6	7	8	9
13	1.4  Valentine's Day	15	16
20	21	22	23
27	28		

## **ACTION**

How can I demonstrate love for God and for others this month?

## WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

## **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"For God so	loved the	world, th	nat he gave	his on	ly Son."	JOHN 3:16
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## BIBLE STUDY NOTES - SKETCH - PREPARE

ACTION
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week

FOR ME	FOR GOD	FOR OTHERS

## JANUARY & FEBRUARY 2019

TO DO'S	27 SUNDAY	28 MONDAY	29 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

**WEEKLY GOALS** 

## "Put on love, which binds everything together in perfect harmony." colossians 3:14

30 WEDNESDAY	31 THURSDAY	1 FRIDAY	2 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

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	"For God, For You & For Others"	
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# WEEKLY DEVOTIONAL **WEEKLY SERMON NOTES**

## **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"Delight	vourself in	n the Lord	, and he will	give y	ou the o	desires c	f your	heart."	PSALM 37:4
			,	0/			. ,		

## BIBLE STUDY NOTES - SKETCH - PREPARE

	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

## FEBRUARY 2019

TO DO'S	3 SUNDAY	4 MONDAY	5 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

## "We love because he first loved us." 1 JOHN 4:19

6 WEDNESDAY	7 THURSDAY	8 FRIDAY	9 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

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	"For God, For You &	For Others"		
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### **REFLECTION**

"Love	one's	neighbor	as	oneself."	MARK 12:33

ACTION					
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.					
FOR ME	FOR GOD	FOR OTHERS			

# FEBRUARY 2019

TO DO'S	10 SUNDAY	11 MONDAY	12 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENUE	EVENUAG	FVENING
	EVENING	EVENING	EVENING

## "Love one another with brotherly affection. Outdo one another in showing honor." ROMANS 12:10

13 WEDNESDAY	14 THURSDAY	15 FRIDAY	16 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
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S M T W T F S	S M T W T F S	S M T W T F S			

### **REFLECTION**

"A	friend	loves	at all	times	and	a h	rother	is	horn	for	adve	rsity"	PROVERBS 17:17
$\neg$	HIGHU	10163	at an	uiiies,	anu	аι	Journe	13	וווטט	IOI	auve	i Sity.	PROVERBS 17:17

### ACTION

What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.

FOR ME

FOR GOD

FOR OTHERS

# FEBRUARY 2019

TO DO'S	17 SUNDAY	18 MONDAY	19 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

"So now faith, hope, and love abide, these three; but the greatest of these is love." I CORINTHIANS 13:13

20 WEDNESDAY	21 THURSDAY	22 FRIDAY	23 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

### DAILY HEALTHY HABIT TRACKER

DAILI HEALINI HABII IKACKEK						
	"For God, For You & For Others"					
S   M   T   W   T   F   S	S M T W T F S	S M T W T F S				
S M T W T F S	S M T W T F S	S M T W T F S				
S M T W T F S	S M T W T F S	S M T W T F S				

# **MARCH 2019**

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	3	4	5
	10	11	12
	Daylight Savig Time Starts		
	17	18	19
	St. Patrick's Day		
	24	25	26
	31		

### **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

# "I wait for the Lord, my soul waits, and in his word I hope." $\mbox{\tiny PSALM 130:5}$

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2
6 Ash Wednesday	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

### **ACTION**

How can I demonstrate love for God and for others this month?

### **REFLECTION**

	"So we fasted	and implored	dour God for this,	and he listened to	our entreaty." EZRA 8:2
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ACTION							
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.							
FOR ME	FOR GOD	FOR OTHERS					

# FEBRUARY & MARCH 2019

TO DO'S	24 SUNDAY	25 MONDAY	26 TUESDAY
	MORNING	MORNING	MORNING
	AFTERMOON	AFTERNOON	AFTERMOON
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

## "Know that wisdom is such to your soul; if you find it, there will be a future." PROVERBS 24:14

27 WEDNESDAY	28 THURSDAY	1 FRIDAY	2 SATURDAY		
MORNING	MORNING	MORNING	MORNING		
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON		
EVENING	EVENING	EVENING	EVENING		

D.	DAILY HEALTHY HABIT TRACKER									
	"For God, For You & For Others"									
S M T W T F S	S M T W T F S	S M T W T F S								
S M T W T F S	S M T W T F S	S M T W T F S								
S M T W T F S	S M T W T F S	S M T W T F S								

### **REFLECTION**

"For	from	him and	through	him and to	him are a	all things	.To him be	e glor	y forever."	ROMANS 11:36

ACTION						
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.						
FOR ME	FOR GOD	FOR OTHERS				
		i				

# **MARCH 2019**

TO DO'S	3 SUNDAY	4 MONDAY	5 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	AFIERINOON	AFIERINOON	AFTERNOON
	EVENING	EVENING	EVENING

# "He does not faint or grow weary; his understanding is unsearchable." ISAIAH 40:28

6 WEDNESDAY	7 THURSDAY	8 FRIDAY	9 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER									
	"For God, For You & For Others"								
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S							
S	S M T W T F S	S M T W T F S							
S M T W T F S	S M T W T F S	S M T W T F S							

### **REFLECTION**

"	Blessed	lis	the	one	who	finds	wisdom	and the	one who	gets understan	ding."	PROVERBS 3:13

ACTION							
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.							
FOR ME	FOR GOD	FOR OTHERS					

# MARCH 2019

TO DO'S	10 SUNDAY	11 MONDAY	12 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNICON	AFTERNOON
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "The Lord will fight for you, and you have only to be silent." EXODUS 14:14

13 WEDNESDAY	14 THURSDAY	15 FRIDAY	16 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER								
	"For God, For You & For Others"							
S M T W T F S	S M T W T F S	S M T W T F S						
S M T W T F S	S M T W T F S	S M T W T F S						
S M T W T F S	S M T W T F S	S M T W T F S						

### **REFLECTION**

"Be kind to one another, tenderhearted, forgiving one another." E	EPHESIANS 4:32
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	ACTION					
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.						
FOR ME	FOR GOD	FOR OTHERS				

# **MARCH 2019**

TO DO'S	17 SUNDAY	18 MONDAY	19 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "He will come to us as the showers, as the spring rains that water the earth." $_{ m HOSEA~6:3}$

20 WEDNESDAY	21 THURSDAY	22 FRIDAY	23 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER							
	"For God, For You & For Others"	_					
S M T W T F S	S M T W T F S	S _ M _ T _ W _ T _ F _ S _					
S M M T W T T F S	S M T W T F S	S M T W T T F S					
S M M T W T T F S	S M T W T F S	S M T W T F S					

### **REFLECTION**

"Create in me a clean heart, O God, and renew a right spirit within me." i	n me." PSALM 51:10	pirit within	right st	renew a	l, and	God	0	heart.	clean	eate in me a	"(
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# What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

# MARCH 2019

TO DO'S	24 SUNDAY	25 MONDAY	26 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING
	- Tremmo	- CVENING	

# "Encourage one another and build one another up, just as you are doing." I THESSALONIANS 5:11

27 WEDNESDAY	28 THURSDAY	29 FRIDAY	30 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER  "For God, For You & For Others"				
S M T W T F S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S		

# **APRIL 2019**

7       8       9         14       15       16         Palm Sunday       Tax Day         21       22       23			1	2
14 15 16  Palm Sunday Tax Day				
Palm Sunday Tax Day	7	7	8	9
				16
Easter Sunday		21 Easter Sunday	22	23
Orthodox Palm Sunday  28  29  Orthodox Easter Sunday		28		30

### REFLECTION

What were the blessings in my life last month? What accomplishments am I proud of?

## "They who wait for the Lord shall renew their strength." $_{\rm ISAIAH\ 40:31}$

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6
10	11	12	13
17	18 Holy Thursday	19 Good Friday	20
24	25	26	27
		Orthodox Good Friday	

### ACTION

How can I demonstrate love for God and for others this month?

### **REFLECTION**

"Be strong and	d courageousGod is	with you wherever	you go." 1	OSHUA 1:9

ACTION			
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.			
FOR ME	FOR GOD	FOR OTHERS	

# MARCH & APRIL 2019

TO DO'S	31 SUNDAY	1 MONDAY	2 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	74 12440014	74 TEHROSIV	74 Editiosit
	EVENING	EVENING	EVENING

"The name of the Lord is a strong tower; the righteous man runs into it and is safe." PROVERBS 18:10

3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALINY HABIT TRACKER					
	"For God, For You & For Others"				
S M T W T F S	$S \square M \square T \square W \square T \square F \square S \square$	$S \square M \square T \square W \square T \square F \square S \square$			
S _ M _ T _ W _ T _ F _ S _	S _ M _ T _ W _ T _ F _ S _	S M T W T F S			
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S			

## **REFLECTION**

"When you pass through the waters, I will be with you." ISAIAH	"When	you pass	through	the waters, I	will be	with	you."	ISAIAH 43
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	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this we	ek. Commit to at least one for next week
FOR ME	FOR GOD	FOR OTHERS

## **APRIL 2019**

TO DO'S	7 SUNDAY	8 MONDAY	9 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

## "Grace to you and peace from God our Father and the Lord Jesus Christ." 2 CORINTHIANS 1:2

10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING
EVENING	EVENING	EVENING	EVENING

][	J					
DAILY HEALTHY HABIT TRACKER  "For God, For You & For Others"						
S M T W T F S	S M T W T F S	S M T W T F S				
S M T W T F S	S M T W T F S	S M T W T F S				
S M T W T F S	S M T W T F S	S M T W T F S				

## **REFLECTION**

"I will strengthen you,	l will help you, l	will uphold you	with my righteous	right hand."	ISAIAH 41:10
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# ACTION

What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.

FOR ME

FOR GOD

FOR OTHERS

FOR ME FOR GOD FOR OTHERS

## APRIL 2019

TO DO'S	14 SUNDAY	15 MONDAY	16 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "Peace I leave with you; my peace I give to you." JOHN 14:27

17 WEDNESDAY	18 THURSDAY	19 FRIDAY	20 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER					
	"For God, For You & For Others"				
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			

## **REFLECTION**

"God is our refuge and strength, a very present help in trouble." P	PSALM 46:1
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	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

## APRIL 2019

TO DO'S	21 SUNDAY	22 MONDAY	23 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING
	_	_	

# "I have said these things to you, that in me you may have peace." $_{\rm JOHN\ 16:33}$

24 WEDNESDAY	25 THURSDAY	26 FRIDAY	27 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER						
"For God, For You & For Others"						
S M T W T F S	S M T W T F S	S M T W T F S				
S M T W T F S	S M T W T F S	S M T W T F S				
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S				

# MAY 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	5 Cinco de Mayo	6	7
	12  Mother's Day	13	14
	19	20	21
	26	27  Memorial Day	28

## **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

## "For God gave us a spirit not of fear but of power and love and self-control." $_{2\,\text{TIMOTHY }1:7}$

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2  National Day of Prayer	3	4
8	9	10	11
15	16	17	18 Armed Forces Day
22	23	24	25
29	30	31	

## **ACTION**

How can I demonstrate love for God and for others this month?

## REFLECTION

	"H	łе	is at	my	right	hand, l	shall	not	be	shaken."	PSALM 16:8
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## **ACTION**

 $What \ can\ I\ do\ to\ improve\ my\ life,\ my\ relationship\ with\ God\ and\ with\ others\ this\ week.\ Commit\ to\ at\ least\ one\ for\ next\ week.$ 

FOR ME	FOR GOD	FOR OTHERS

# APRIL & MAY 2019

TO DO'S	28 SUNDAY	29 MONDAY	30 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "Cast your burden on the Lord, and he will sustain you." ${\mbox{\tiny PSALM }}{\mbox{\tiny 55:22}}$

1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

"For God, For You & For Others"							
S M T W T F S	S M T W T F S	S M T W T F S					
S M T W T F S	S M T W T F S	S M T W T F S					
S M T W T F S	S M T W T F S	S M T W T F S					

## **REFLECTION**

"Casting all yo	our anxieties	on him,	because h	ne cares	for you."	I PETER 5:7
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	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# MAY 2019

TO DO'S	5 SUNDAY	6 MONDAY	7 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you." ISAIAH 26:3

8 WEDNESDAY	9 THURSDAY	10 FRIDAY	11 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER						
"Fo	or God, For You & For Others"					
S M T W T F S S	M T W T F S	S M T W T F S				
S M T W T F S S	M T W T F S	S M T W T F S				
S M T W T F S S	M T W T F S	S M T W T F S				

## **REFLECTION**

,	امدا		- f -	ممنعوبراه	0.00	in	- h a +	anta	~ f 4	مطه	احمنما	htoous '	PSALM 118:1
J	ıau	201182	01.2	aivation	are	ш	une t	ents	OI I	une	ПЩ	nteous.,	PSALM 118:1

ACTION					
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.					
FOR ME	FOR GOD	FOR OTHERS			
		1			

# MAY 2019

TO DO'S	12 SUNDAY	13 MONDAY	14 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "My soul clings to the dust; give me life according to your word!" $_{\mbox{\tiny PSALM 119:225}}$

15 WEDNESDAY	16 THURSDAY	17 FRIDAY	18 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER  "For God, For You & For Others"								
S M T W T F S	S M T W T F S	S M T W T F S						
S M T W T F S	S M T W T F S	S M T W T F S						
S M T W T F S	S M T W T F S	S M T W T F S						

## **REFLECTION**

"The fruit of the Spirit is	love, joy, p	eace, patience, kindness,	goodness, faithfulness."	GALATIANS 5:2
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# What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

# MAY 2019

TO DO'S	19 SUNDAY	20 MONDAY	21 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "Strive for peace with everyone." HEBREWS 12:14

22 WEDNESDAY	23 THURSDAY	24 FRIDAY	25 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

	AILY HEALTHY HABIT TRACKE	
<u> </u>	"For God, For You & For Others"	
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S   M   T   W   T   F   S
S M T W T F S	S M T W T F S	S _ M _ T _ W _ T _ F _ S _

# **JUNE 2019**

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	2	3	4
	9	10	11
	16	17	18
	Father's Day		
	23	24	25
	30		

## REFLECTION

What were the blessings in my life last month? What accomplishments am I proud of?

# "Let him turn away from evil and do good; let him seek peace and pursue it." |PETER 3:11|

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1
5	6	7	8
12	13	14 Flag Day	15
19	20	21 Summer Solstice	22
26	27	28	29

## **ACTION**

How can I demonstrate love for God and for others this month?

## REFLECTION

	"Alwa	ys seek to do	good to or	ne another and	to everyone."	I THESSALONIANS 5:
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	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# **MAY & JUNE 2019**

TO DO'S	26 SUNDAY	27 MONDAY	28 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "And a harvest of righteousness is sown in peace by those who make peace." JAMES 3:18

29 WEDNESDAY	30 THURSDAY	31 FRIDAY	1 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERMOON	AFTERMOON
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER			
	"For God, For You & For Others"		
S M T W T F S	S M T W T F S	S M T W T F S	
S M T W T F S	S M T W T F S	S M T W T F S	
S M T W T F S	S M T W T F S	S M T W T F S	

### REFLECTION

"Deceit is in the heart	of those who	devise evil, but t	hose who plan	peace have joy	,,, PROVERBS 12:20

ACTION				
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week				
FOR ME	FOR GOD	FOR OTHERS		

# **JUNE 2019**

TO DO'S	2 SUNDAY	3 MONDAY	4 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

## "May the Lord give strength to his people! May the Lord bless his people with peace!" PSALM 29:11

5 WEDNESDAY	6 THURSDAY	7 FRIDAY	8 SATURDAY
MORNING	MORNING	MORNING	MORNING
ATTENIOON	AFFENOON	AFTERNOON	AFTERNOON
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER  "For God, For You & For Others"			
S   M   T   W   T   F   S	S M T W T F S	S M T W T F S	
S M T W T F S	S M T W T F S	S M T W T F S	
S   M   T   W   T   F   S	S M T W T F S	S	

### **REFLECTION**

"If po	ossible, so	far as i	t depends on '	you, live 1	peaceably	with all."	ROMANS 12:18
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ACTION				
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week				
FOR GOD	FOR OTHERS			
	tionship with God and with others this wee			

# **JUNE 2019**

TO DO'S	9 SUNDAY	10 MONDAY	11 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "Turn away from evil and do good; seek peace and pursue it." PSALM 34:14

12 WEDNESDAY	13 THURSDAY	14 FRIDAY	15 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER					
	"For God, For You & For Others"				
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S			
S	S M T W T F S	S M T W T F S			
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S			

### **REFLECTION**

"So then let us p	pursue what mak	es for peace ar	nd for mutual u	pbuilding."	ROMANS 14:19
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	ACTION	
What can I do to improve my life, my rela	tionship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# **JUNE 2019**

TO DO'S	16 SUNDAY	17 MONDAY	18 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

"Mark the blameless and behold the upright, for there is a future for the man of peace." PSALM 37:37

19 WEDNESDAY	20 THURSDAY	21 FRIDAY	22 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER				
	"For God, For You & For Others"			
S   M   T   W   T   F   S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		
S   M   T   W   T   F   S	S M T W T F S	S M T W T F S		

### **REFLECTION**

"Repay no one evil f	or evil, give tho	ught to do what	t is honorable in	the sight of all	" ROMANS 12:1
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	ACTION	
What can I do to improve my life, my rela	tionship with God and with others this we	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# **JUNE 2019**

TO DO'S	23 SUNDAY	24 MONDAY	25 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	ATEMOOR	ALTERNOON	ATEMOOR
	EVENING	EVENING	EVENING

# "Great peace have those who love your law; nothing can make them stumble." $_{Psalm\ 119:165}$

26 WEDNESDAY	27 THURSDAY	28 FRIDAY	29 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER					
	"For God, For You & For Others"				
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			

# **JULY 2019**

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
		1	2
	7	8	9
	14	15	16
	21	22	23
	28	29	30

### **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

## "O Lord, you will ordain peace for us, for you have indeed done for us all our works." $_{15A1AH\ 26:12}$

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4  Independence Day	5	6
10	11	12	13
17	18	19	20
24	25	26	27
31			

### **ACTION**

How can I demonstrate love for God and for others this month?

### **REFLECTION**

"For you shall go out in joy and be led forth in peace." ISAIAH 55	"For yo	u shall g	o out in jo	y and be	led forth in	peace."	ISAIAH 55:12
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What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.

FOR ME

FOR GOD

FOR OTHERS

# JUNE & JULY 2019

TO DO'S	30 SUNDAY	1 MONDAY	2 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING
	EVENING	EVENING	LVENING

# "Faith was active along with his works, and faith was completed by his works." JAMES 2:22

3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER							
"For God, For You & For Others"							
S M T W T F S	S M T W T F S	S M T W T F S					
S M T W T F S	S M T W T F S	S M T W T F S					
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S					

### **REFLECTION**

	"Come to me, all	who labor and	are heavy	laden, and I v	will give y	ou rest." MATTHEW 11:28
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ACTION						
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.						
FOR ME	FOR GOD	FOR OTHERS				

# **JULY 2019**

TO DO'S	7 SUNDAY	8 MONDAY	9 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

## "In the world you will have tribulation. But take heart; I have overcome the world." $_{\rm JOHN~16:33}$

10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

## DAILY HEALTHY HABIT TRACKER

"For God, For You & For Others"								
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S						
S M T W T F S	S M T W T F S	S M T W T F S						
S M T W T F S	S M T W T F S	S M T W T F S						

### **REFLECTION**

"	_								. ,,	
"For	God	ıs	not a	God	OI	r con	rusion	but o	r beace."	I CORINTHIANS 14:33

A	G	IIO	N		

 $What \ can\ I\ do\ to\ improve\ my\ life,\ my\ relationship\ with\ God\ and\ with\ others\ this\ week.\ Commit\ to\ at\ least\ one\ for\ next\ week.$ 

FOR ME FOR GOD FOR OTHERS

# **JULY 2019**

TO DO'S	14 SUNDAY	15 MONDAY	16 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	7 I I I I I I I I I I I I I I I I I I I	7. I Elitoon	7. I Elimoon
	EVENING	EVENING	EVENING

# "Now may the Lord of peace himself give you peace at all times in every way." ${}_{2\,\text{THESSALONIANS }3:16}$

17 WEDNESDAY	18 THURSDAY	19 FRIDAY	20 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER				
	"For God, For You & For Others"			
S M T W T F S	S M T W T F S	S M T W T F S		
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		

### **REFLECTION**

"May the God of hope fill you with all joy and peace in believing."	lieving." ROMANS 15:13
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ACTION			
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.			
FOR ME	FOR GOD	FOR OTHERS	

# **JULY 2019**

TO DO'S	21 SUNDAY	22 MONDAY	23 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "The peace of God, which surpasses all understanding, will guard your hearts." PHILLIPPIANS 4:7

24 WEDNESDAY	25 THURSDAY	26 FRIDAY	27 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

		_		
DAILY HEALTHY HABIT TRACKER				
	"For God, For You & For Others"			
S M T W T F S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		

# AUGUST 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	4	5	6
	11	12	13
	18	19	20
	25	26	27

### **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

# "Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!" PSALM 34:8

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

### **ACTION**

How can I demonstrate love for God and for others this month?

## **REFLECTION**

"1	can	do	all	things	through	him	who	strengthens	me."	PHILIPPIANS 4:13

	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this we	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# JULY & AUGUST 2019

TO DO'S	28 SUNDAY	29 MONDAY	30 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	ALTERNOON	ALTERNOON	ATEMOOR
	EVENING	EVENING	EVENING

## "He gives power to the faint, and to him who has no might he increases strength." $_{\rm ISAIAH\ 40:29}$

31 WEDNESDAY	1 THURSDAY	2 FRIDAY	3 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

## DAILY HEALTHY HABIT TRACKER

	"For God, For You & For Others"	_
S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S
S   M   T   W   T   F   S	S M T W T F S	S M T W T F S

## **REFLECTION**

"M	y soul	melts	away	for sor	row; streng	then me	according	to your	word!"	PSALM 119:28

	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# AUGUST 2019

TO DO'S	4 SUNDAY	5 MONDAY	6 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "Finally, be strong in the Lord and in the strength of his might." $_{\text{EPHESIANS 6:10}}$

7 WEDNESDAY	8 THURSDAY	9 FRIDAY	10 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNICON	AFTERNOON	AFTERNOON	AFTERNOON
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DA	AILY HEALTHY HABIT TRACKE	R
	"For God, For You & For Others"	
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S
S   M   T   W   T   F   S	S M T W T F S	S
S M T W T F S	S M T W T F S	S M T W T F S

## **REFLECTION**

	"Love the Lord	your God	with all	your heart	and with all	your soul."	MARK 12:3
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ACTION						
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.						
FOR ME	FOR GOD	FOR OTHERS				

# AUGUST 2019

TO DO'S	11 SUNDAY	12 MONDAY	13 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "Do not be grieved, for the joy of the Lord is your strength." NEHEMIAH 8:10

14 WEDNESDAY	15 THURSDAY	16 FRIDAY	17 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

	JL	
DA	AILY HEALTHY HABIT TRACKE	R
	"For God, For You & For Others"	
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S

## **REFLECTION**

"But	you, O Lord	l, do not	be far off! O	you my hel	p, come quickl	y to my aid!"	PSALM 22:19
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	ACTION	
What can I do to improve my life, my relat	ionship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# AUGUST 2019

TO DO'S	18 SUNDAY	19 MONDAY	20 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "The Lord is my strength and my song; he has become my salvation." PSALM 118:14

21 WEDNESDAY	22 THURSDAY	23 FRIDAY	24 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

	"For God, For You & For Others"	
	For God, For Tod & For Others	
S	S M T W T F S	S M T W T F S
S	S M T W T F S	S M T W T F S
S	S M T W T F S	S M T W T F S

## **REFLECTION**

"Behold, God is m	y salvation;	l will trust	and will	not be	afraid."	ISAIAH 12:2
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ACTION						
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week						
FOR ME	FOR GOD	FOR OTHERS				

# AUGUST 2019

TO DO'S	25 SUNDAY	26 MONDAY	27 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING
	2.2.1110	272.1110	

## "O Lord...Be our arm every morning, our salvation in the time of trouble." $_{\rm ISAIAH\ 33:2}$

28 WEDNESDAY	29 THURSDAY	30 FRIDAY	31 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
ALLINOON	ALICINOON	ALLINOON	ALLINOON
EVENING	EVENING	EVENING	EVENING

DA	AILY HEALTHY HABIT TRACKE	R
	"For God, For You & For Others"	
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S

## **REFLECTION**

"[	write these	things to	you who	believe i	n the name	of the So	n of God."	I JOHN 5:13
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	ACTION	
What can I do to improve my life, my relat	tionship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS
	•	

# SEPTEMBER 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	1	2  Labor Day	3
	8	9	10
	15	16	17
	22	23	24
	29	30	

## **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

# "It is no longer I who live, but Christ who lives in me." GALATIANS 2:20

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

## **ACTION**

How can I demonstrate love for God and for others this month?

## **REFLECTION**

"Who believed in his name, I	he gave th	ne right to	become	children of	God."	JOHN 1:12
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	ACTION					
What can I do to improve my life, my rela	tionship with God and with others this wee	ek. Commit to at least one for next week.				
FOR ME	FOR GOD	FOR OTHERS				

# SEPTEMBER 2019

TO DO'S	1 SUNDAY	2 MONDAY	3 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "Whoever believes in the Son has eternal life." $_{\rm JOHN\,3:36}$

4 WEDNESDAY	5 THURSDAY	6 FRIDAY	7 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
7.1.2.110011	7.1.2.110011	7.1.2.110011	7.1.2.110011
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER						
 S\  M\  T\  W\  T\  F\  S\	"For God, For You & For Others"  S M T W T F S	S M T W T F S				
	S M T W T F S					
S M T W T F S	S M T W T F S					

## **REFLECTION**

"Who believed in his name, he gave the right to become children o	God."	JOHN 1:12
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ACTION					
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.					
FOR ME	FOR GOD	FOR OTHERS			
• • •	ationship with God and with others this wee				

# SEPTEMBER 2019

TO DO'S	8 SUNDAY	9 MONDAY	10 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

# "As the Scripture has said, 'Out of his heart will flow rivers of living water.'" JOHN 7.38

11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER					
"For God, For You & For Others"					
S M T W T F S	S M T W T F S	S M T W T F S			
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			

## **REFLECTION**

"Whatever yo	u ask in	praver, belie	ve that vol	ı have re	ceived it.	and it will b	e vours."	MARK 11:24
		P. W. C. D. C. C.						,

# What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

# SEPTEMBER 2019

TO DO'S	15 SUNDAY	16 MONDAY	17 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

### "The righteous shall live by faith." $_{\mbox{\scriptsize ROMANS }1:17}$

18 WEDNESDAY	19 THURSDAY	20 FRIDAY	21 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

D	AILY HEALTHY HABIT TRACKE	R
	"For God, For You & For Others"	
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S

### **REFLECTION**

"Now faith is the assurance of	of things hoped for, the convict	tion of things not seen." HEBREWS II:
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### What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

### SEPTEMBER 2019

TO DO'S	22 SUNDAY	23 MONDAY	24 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

### "In hope of eternal life, which God, who never lies, promised before the ages began." $\tau ITUS 1:2$

25 WEDNESDAY	26 THURSDAY	27 FRIDAY	28 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALIHY HABII TRACKER				
	"For God, For You & For Others"			
S   M   T   W   T   F   S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		

### OCTOBER 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
			1
	6	7	8
	13	14 Columbus Day	15
	20	21	22
	27	28	29

### REFLECTION

What were the blessings in my life last month? What accomplishments am I proud of?

### "For we walk by faith, not by sight." ${\scriptstyle 2\, CORINTHIANS\, 5:7}$

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

### ACTION

How can I demonstrate love for God and for others this month?

### **REFLECTION**

"And this is the victor	y that has	overcome th	he world—d	our faith." 🗓	JOHN 5:4
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	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	k. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

### SEPTEMBER & OCTOBER 2019

MORNING MORNING MORNING  AFTERNOON AFTERNOON AFTERNOON	TO DO'S	29 SUNDAY	30 MONDAY	1 TUESDAY
AFTERNOON AFTERNOON AFTERNOON		MORNING	MORNING	MORNING
AFTERNOON AFTERNOON AFTERNOON				
AFTERNOON AFTERNOON AFTERNOON				
AFTERNOON AFTERNOON AFTERNOON				
AFTERNOON AFTERNOON AFTERNOON				
AFTERNOON AFTERNOON AFTERNOON				
AFTERNOON AFTERNOON AFTERNOON				
AFTERNOON AFTERNOON AFTERNOON				
AFTERNOON AFTERNOON AFTERNOON				
		AFTERNOON	AFTERNOON	AFTERNOON
EVENING EVENING EVENING		EVENING	EVENING	EVENING

### "Be watchful, stand firm in the faith, act like men, be strong." $\tiny 1$ corinthians $\tiny 16:13$

2 WEDNESDAY	3 THURSDAY	4 FRIDAY	5 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

D	AILY HEALTHY HABIT TRACKE	R
	"For God, For You & For Others"	
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S

### **REFLECTION**

"For	vou know	that the	testing of	your faith	produces	steadfastness."	IAMES 1:3

ACTION	
ionship with God and with others this we	ek. Commit to at least one for next week.
FOR GOD	FOR OTHERS
	ionship with God and with others this we

### OCTOBER 2019

TO DO'S	6 SUNDAY	7 MONDAY	8 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

### "Pursue righteousness, godliness, faith, love, steadfastness, gentleness." 1 тімотну 6:11

9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER				
	"For God, For You & For Others"			
S	S M T W T F S	S M T W T F S		
S   M   T   W   T   F   S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		

### **REFLECTION**

"For in Christ Jesu	s you are a	I sons of God	, through faith.'	GALATIANS 3:26
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### ACTION What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

### OCTOBER 2019

TO DO'S	13 SUNDAY	14 MONDAY	15 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING
	LYENING	LYEMMO	LVERNING

### "Your faith might not rest in the wisdom of men but in the power of God." $\scriptstyle 1$ CORINTHIANS 2:5

16 WEDNESDAY	17 THURSDAY	18 FRIDAY	19 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

D	AILY HEALTHY HABIT TRACKE	R
	"For God, For You & For Others"	
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S M T W T F S
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S

### **REFLECTION**

"For by grace	you have	been saved	l through faith."	EPHESIANS 2:8
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	ACTION		
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.			
FOR ME	FOR GOD	FOR OTHERS	

### OCTOBER 2019

TO DO'S	20 SUNDAY	21 MONDAY	22 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

### "I have fought the good fight, I have finished the race, I have kept the faith." $_{2\,\text{TIMOTHY 4:7}}$

23 WEDNESDAY	24 THURSDAY	25 FRIDAY	26 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

### DAILY HEALTHY HABIT TRACKER

"For God, For You & For Others"

	For God, For You & For Others	
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S _ M _ T _ W _ T _ F _ S _
S M T W T F S	S M T W T F S	S M T W T F S
S M T W T F S	S M T W T F S	S _ M _ T _ W _ T _ F _ S _

### NOVEMBER 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	3	4	5
	Daylight Saving Time Ends		Election Day
	10	11	12
		Veterans Day	
	17	18	19
	24	25	26

### **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

### "So faith comes from hearing, and hearing through the word of Christ." $_{\text{ROMANS }10:17}$

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2
	_	All Saints' Day	All Souls' Day
6	7	8	9
13	14	15	16
20	21	22	23
27	28 Thanksgiving Day	29	30

### **ACTION**

How can I demonstrate love for God and for others this month?

### **REFLECTION**

"If y	our/	brother	sins,	rebuke	him,	and	if he	repents,	forgive	him."	LUKE 17:3
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ACTION						
What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week.						
FOR ME	FOR GOD	FOR OTHERS				

### OCTOBER & NOVEMBER 2019

TO DO'S	27 SUNDAY	28 MONDAY	29 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

### "He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." $_{\text{1-JOHN }1:9}$

30 WEDNESDAY	31 THURSDAY	1 FRIDAY	2 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER					
	"For God, For You & For Others"				
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			

### **REFLECTION**

"To the Lord our	God belong merc	y and forgiveness	, for we have	rebelled against hir	n." DANIEL 9:
				8	

### What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

### NOVEMBER 2019

TO DO'S	3 SUNDAY	4 MONDAY	5 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

### "Repent therefore, and turn back, that your sins may be blotted out." ACTS 3:19

6 WEDNESDAY	7 THURSDAY	8 FRIDAY	9 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER							
	"For God, For You & For Others"						
S M T W T F S	S M T W T F S	S _ M _ T _ W _ T _ F _ S _					
S M T W T F S	S M T W T F S	S _ M _ T _ W _ T _ F _ S _					
S M T W T F S	S M T W T F S	S M T W T F S					

### **REFLECTION**

"∆	wise ma	an is fu	ull of	strength,	and a	man c	f know	ledge e	enhances	his	might."	PROVERBS 24-
	. ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		411 O	July Cliny	and a	illali c		COSC	Jilliances	1110		I NO VENDO 24.

### What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

### NOVEMBER 2019

TO DO'S	10 SUNDAY	11 MONDAY	12 TUESDAY			
	MORNING	MORNING	MORNING			
	AFTERNOON	AFTERNOON	AFTERNOON			
	EVENING	EVENING	EVENING			

### "And as you wish that others would do to you, do so to them." LUKE 6:31

13 WEDNESDAY	14 THURSDAY	15 FRIDAY	16 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
74 TEIMOON	AITEINOON	74 IEIWOON	7 I Elivoor
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER			
	"For God, For You & For Others"		
S M T W T F S	$S \square M \square T \square W \square T \square F \square S \square$	$S \square M \square T \square W \square T \square F \square S \square$	
S M T W T F S	S   M   T   W   T   F   S	S   M   T   W   T   F   S	
	$S \square M \square T \square W \square T \square F \square S \square$		

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

### **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"Iron	charpo	ne iron	and one	man cha	rpens anothe	r"
11 011	silal pe	ilis II OII,	and one	: IIIaII SIIa	i peris ariotire	I. PROVERBS 27:17

### BIBLE STUDY NOTES - SKETCH - PREPARE

	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# NOVEMBER 2019

TO DO'S	17 SUNDAY	18 MONDAY	19 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

### "Whoever walks with the wise becomes wise." PROVERBS 13:20

20 WEDNESDAY	21 THURSDAY	22 FRIDAY	23 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER				
"For God, For You & For Others"				
S M T W T F S S S M T W T F S S S M T W T F S				
S M T W T F S S S M T W T F S S S M T W T F S				
S M T W T F S S M T W T F S S M T W T F S				

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

### **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"Hope deferred makes the heart sick, but a desire fulfilled is a tree of life." PR	PROVERBS 13:17
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### BIBLE STUDY NOTES - SKETCH - PREPARE

ACTION			
What can I do to improve my life, my rela	tionship with God and with others this we	ek. Commit to at least one for next week.	
FOR ME	FOR GOD	FOR OTHERS	

# NOVEMBER 2019

TO DO'S	24 SUNDAY	25 MONDAY	26 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	AFTERINOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

# "Endurance produces character, and character produces hope." ROMANS 5:4

27 WEDNESDAY	28 THURSDAY	29 FRIDAY	30 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER			
	"For God, For You & For Others"		
S M T W T F S	S M T W T F S	S M T W T F S	
S M T W T F S	S M T W T F S	S M T W T F S	
S M T W T F S	S M T W T F S	S M T W T F S	

# DECEMBER 2019

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
	<b>1</b> First Sunday of Advent	2	3
	8	9	10
	15	16	17
	22	23	24 Christmas Eve
	29	30	31  New Years' Eve

### **REFLECTION**

What were the blessings in my life last month? What accomplishments am I proud of?

### "Behold, the virgin shall conceive and bear a son, and shall call his name Immanuel." ISAIAH 7:14

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7
11	12	13	14
18	19	20	21 Winter Solstice
25 Christmas Day	26	27	28

### **ACTION**

How can I demonstrate love for God and for others this month?

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

### **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"The free gift of God is eternal life in Christ Jesus our Lor	rd." romans 6:23
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### BIBLE STUDY NOTES - SKETCH - PREPARE

# What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

### DECEMBER 2019

TO DO'S	1 SUNDAY	2 MONDAY	3 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

### "But when the goodness and loving kindness of God our Savior appeared." TITUS 3:4

4 WEDNESDAY	5 THURSDAY	6 FRIDAY	7 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER					
	"For God, For You & For Others"				
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			
S M T W T F S	S M T W T F S	S M T W T F S			

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

### **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

d a Savior, who is Christ the Lor	of David a	y in the city	born this day	For unto you is
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### BIBLE STUDY NOTES - SKETCH - PREPARE

	ACTION	
What can I do to improve my life, my relat	tionship with God and with others this wee	k. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

### DECEMBER 2019

TO DO'S	8 SUNDAY	9 MONDAY	10 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

### "Behold, your king is coming to you; righteous and having salvation is he." ZECHARIAH 9:9

11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER				
	"For God, For You & For Others"			
S M T W T F S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		
S M T W T F S	S M T W T F S	S M T W T F S		

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

### **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"Mary	said,"	My soul	magnifies	the	Lord.""	LUKE 1:46

### BIBLE STUDY NOTES - SKETCH - PREPARE

	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

### DECEMBER 2019

TO DO'S	15 SUNDAY	16 MONDAY	17 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

### "And this is the testimony, that God gave us eternal life, and this life is in his Son." $_{\text{IJOHN S:II}}$

18 WEDNESDAY	19 THURSDAY	20 FRIDAY	21 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER			
	"For God, For You & For Others"	_	
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S	
S M T W T F S	S M T W T F S	S M T W T F S	
S _ M _ T _ W _ T _ F _ S _	S M T W T F S	S M T W T F S	

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

### **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

"And he ca	ame to her and	d said, "Greetings,	O favored one.	the Lord is wi	th you!"" LUKE 1:2
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### BIBLE STUDY NOTES - SKETCH - PREPARE

# What can I do to improve my life, my relationship with God and with others this week. Commit to at least one for next week. FOR ME FOR GOD FOR OTHERS

### DECEMBER 2019

TO DO'S	22 SUNDAY	23 MONDAY	24 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

WEEKLY GOALS

### "And has raised up a horn of salvation for us in the house of his servant David." LUKE 1:69

25 WEDNESDAY	26 THURSDAY	27 FRIDAY	28 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
EVENING	EVENING	EVENING	EVENING

D	AILY HEALTHY HABIT TRACKE	R
	"For God, For You & For Others"	_
S M T W T F S	S M T W T F S	S _ M _ T _ W _ T _ F _ S _
S M M T W T T F S	S M T W T F S	S M T W T F S
S M M T W T T F S	S M T W T F S	S M T W T F S

# WEEKLY DEVOTIONAL WEEKLY SERMON NOTES

### **REFLECTION**

What were the blessings in my life last week? What am I grateful for right now?

'And the Word became flesh and	dwelt among us, and we	have seen His glory." јона на
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### BIBLE STUDY NOTES - SKETCH - PREPARE

	ACTION	
What can I do to improve my life, my rela	ationship with God and with others this wee	ek. Commit to at least one for next week.
FOR ME	FOR GOD	FOR OTHERS

# DECEMBER 2019 & JANUARY 2020

TO DO'S	29 SUNDAY	30 MONDAY	31 TUESDAY
	MORNING	MORNING	MORNING
	AFTERNOON	AFTERNOON	AFTERNOON
	EVENING	EVENING	EVENING

**WEEKLY GOALS** 

# "The free gift of God is eternal life in Christ Jesus our Lord." ROMANS 6:23

1 WEDNESDAY	2 THURSDAY	3 FRIDAY	4 SATURDAY
MORNING	MORNING	MORNING	MORNING
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
AFTERNOON	AFTERINOON	AFTERNOON	AFIERNOON
EVENING	EVENING	EVENING	EVENING

DAILY HEALTHY HABIT TRACKER			
	"For God, F	or You & For Others"	
S M T W T F S	S M T		S M T W T F S
S M T W T F S	s M T		S M T W T F S
 S M T W T F S[	 ]		$S \square M \square T \square W \square T \square F \square S \square$