

NOVEMBER 2025



ARMOR UP



FAITH & IMMUNITY FOR THE HOLIDAYS

**"PUT ON THE WHOLE ARMOR OF GOD THAT YOU MAY BE ABLE
TO STAND AGAINST THE WILES OF THE DEVIL."**

EPHESIANS 6:11

*A 4 -Week Guided Study
Strengthening You Spirit, Soul & Body this Holiday Season*

**PRESENTED BY
CFC/E4M HEALTH & WELLNESS MINISTRY**

UPCOMING EVENTS

DEC 2

FASTING MEETING

Join us as we answer all your questions about the 21 Day Fast! Learn why it is vital for you to fast and be the first to get all the new fasting info!

JAN 6

NEW YEAR-NEW YOU

Join us for exclusive tips on managing headaches, temptations, and other challenges; and grab some new recipes for the 21 Day Fast!

FEB 3

FEBRUARY GATHERING

We made it through the fast! Now what? Anticipating and expectantly awaiting the miracles, signs, and wonders!

MAR 3

MARCH GATHERING

Step into a season of boldness in your wellness! Join us as we help prepare you for a lifestyle of healthy living!

MAR 28

HEALTH & WELLNESS FAIR

Join us for a day of discovery and revolution! It's the First Annual CFC/E4M Health & Wellness Fair!

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*For we wrestle not
against flesh and
blood, but against
principalities, against
powers, against the
rulers of the
darkness of this
world, against
spiritual wickedness
in high places.*

Ephesians 6:12

ARMORING UP!

CHALLENGE YOURSELF TO COMPLETE EACH TASK AT LEAST ONCE A WEEK!

Place a  each week when you complete the challenge! 

01

I read the monthly scripture (Ephesians 6:11-18) out loud, asking God to give me a fresh revelation of what this scripture means for my health and wellness journey this week.

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02

I completed more than one daily prompt in the Healthy Habits Calendar this week.

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03

I completed the 4-Minute Fitness Challenge at least 3 days this week.

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04

I watched the weekly livestream and completed my workbook this week.

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05

I drank at least 64 oz of water everyday this week!

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06

I practiced deep breathing with PraiseMoves on the app at least 2 times this week.

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07

I added immunity boosting foods to my meal plan at least 2 x's this week.

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Build on your habits each week!
Increasing in intensity and volume!

WEEK ONE
The Belt of Truth:
Protect Your Mind & Gut
(Livestream airs 11/6/25)

SCRIPTURE FOCUS

Ephesians 6:13-14a

Write the scripture(s) on the lines below

FAITH FOCUS

We must hold fast to the truths of God’s Word amid holiday stress and misleading messages to continue in our wellness.
What misleading messages are you likely to fall prey to this holiday season if you are not careful?
i.e. “The perfect holiday ONLY exists with the perfect gifts & the perfect parties.” “Nobody can lose weight during the holidays, why bother?”

FITNESS FOCUS

Start this month off with a strong commitment to physical movement. Engage in the 4 Minute Fitness Challenge with Jason. How many times will commit this week?

HEALTH CHALLENGE

Strengthen your gut immunity this week.

Add ZINC to your diet.

Some great sources:

ribeye steak, pumpkin seeds, lentils, low-fat greek yogurt.

Reflection

Where am I letting lies (fear, guilt, busyness) steal my peace?

CHALLENGE QUESTIONS

Question 1

How can you refute the lies/misleading messages you believe about your wellness and the holidays?

Write Your Answer Here

Question 2

How did you add Zinc to your diet this week? How will you continue to add it?

Write Your Answer Here

Question 3

How does Philippians 4:8 help you guard against lies?

Write Your Answer Here

Question 4

Why is boosting your immunity important for your wellness journey?

Write Your Answer Here

WEEK TWO
The Breastplae of Righteousness
Protect Your Heart
(Livestream airs 11/13/25)

SCRIPTURE FOCUS

Ephesians 6:14

Write the scripture on the lines below

FAITH FOCUS

**Protecting your emotional and spiritual heart from offense and comparison.
In what areas am I likely to be offended or compare myself with others in an
unhealthy way during the holidays?**

***i.e. "Offended that I didn't get invited to a party. Feeling guilty about not being able to afford
the perfect gift."***

FITNESS FOCUS

**Add to your 4-Minute Fitness a 10-20 minute walk × 3 times this week while
praying with gratitude**

HEALTH CHALLENGE

Strengthen your heart health this week.

Add VITAMIN B6

Some great sources:

Wild caught salmon, sweet potatoes, sunflower seeds

Reflection

**What's one boundary I can set/action I can take to protect my
heart?**

CHALLENGE QUESTIONS

Question 1

Where do you need to protect your heart from offense this holiday season? (friends, family, etc.)

Write Your Answer Here

Question 2

How did you add Vitamin B6 to your diet this week? How will you continue to add it?

Write Your Answer Here

Question 3

What does Proverbs 4:23 say about protecting your heart?

Write Your Answer Here

Question 4

Why is heart health important for your wellness journey?

Write Your Answer Here

WEEK THREE
The Shoes of Peace
Walking in Calm & Peace
(Livestream airs 11/20/25)

SCRIPTURE FOCUS

Ephesians 6:15

Write the scripture on the lines below

FAITH FOCUS

Staying grounded in peace despite chaos and busy schedules demanding your time, energy and \$\$. In what areas am I likely to be robbed of peace during this season.

i.e. "Too many events to attend, too many areas of obligation to serve.)

FITNESS FOCUS

Add to current exercise plan (4-minute Fitness, walking) practicing 5 minutes of deep breathing at least 2 x's this week. Find resources on the home page of the app under PraiseMoves.

HEALTH CHALLENGE

Strengthen your immune system and fight off infection this week

Add VITAMIN E

Some great sources:

Sunflower seeds, avocados, spinach, trout

Reflection

How can I carry peace throughout my home this week?

CHALLENGE QUESTIONS

Question 1

In what areas are you struggling to find peace? (too many commitments on your schedule?)

Write Your Answer Here

Question 2

How did you add Vitamin E to your diet this week? How will you continue to add it?

Write Your Answer Here

Question 3

What does Isaiah 26:3 say about peace?

Write Your Answer Here

Question 4

Why is maintaining peace so important to your wellness journey?

Write Your Answer Here

WEEK FOUR
The Shield of Faith
Defending Against Doubt and Discouragement
(No Livestream this week!)

SCRIPTURE FOCUS

Ephesians 6:16

Write the scripture on the lines below

FAITH FOCUS

Building your faith as you defend against fear and anxiety. Where do I need to strengthen my faith?

i.e. "Believing that God will provide for my family this holiday season." Increasing my faith that relationships will be restored."

FITNESS FOCUS

Add to current exercise plan (4-minute Fitness, walking, PraiseMoves,) speaking one declaration of faith over your fitness each day.

"My body will be strong to do the work God has called me to do!"

HEALTH CHALLENGE

Strengthen your immune system and fight off infection this week

Add SELENIUM

Some great sources:

Brazil nuts, turkey, couscous, spinach

Reflection

What fiery darts of doubt do I need to block?

CHALLENGE QUESTIONS

Question 1

In what areas are you struggling with doubt and discouragement?

Write Your Answer Here

Question 2

How did you add SELENIUM to your diet this week? How will you continue to add it?

Write Your Answer Here

Question 3

What does Isaiah 26:3 say about battling discouragement/anxiety?

Write Your Answer Here

Question 4

Why is strengthening your faith so important to your wellness journey?

Write Your Answer Here

THANK YOU!

Thank you for participating in our workbook study and being such a vital part of our ministry. You can keep the momentum going and fan the flame. Join us and sow boldness into the Kingdom of God! Scan the QRCode and become an E4M Vision Caster today! Your gift is creating health and wholeness in the Body of Christ!



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Monthly Meeting Notes