

October

HEALTHY HABITS CALENDAR

Presented by the E4M&CFC Health & Wellness Ministry



MONTHLY SCRIPTURE

SEE, TODAY I **APPOINT** YOU OVER NATIONS AND KINGDOMS TO **UPROOT** AND **TEAR DOWN**, TO **DESTROY** AND **OVERTHROW**; TO **BUILD** AND TO **PLANT**.” -JEREMIAH 1:10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MONTHLY SCRIPTURE SEE, TODAY I APPOINT YOU OVER NATIONS AND KINGDOMS TO UPROOT AND TEAR DOWN , TO DESTROY AND OVERTHROW ; TO BUILD AND TO PLANT .” -JEREMIAH 1:10		<i>Memorize the monthly scripture.</i> Reflect on what each of the BOLD words mean for you in your personal journey this month! Share in the app!👏	Thriving Thursday ➡ Join the Movement! Tonight @ 7p on the app Rise and Impact! “Step Into the Series That Could Change Everything!”	Weigh in Day! Fitness Friday <i>is all NEW!</i> ➡ Check out Jason’s 4 Minute Fitness video on the app!	It’s GO Time! Set your intention!👉 Write down 3 things you want to ‘uproot’ this month! Remove because they hinder progress. (i.e. Junk food, negative thinking)
Start your week with our Daily Devotion (Don’t forget the daily strategy too!)	Motivated Monday Drink 64 oz water today. Pray for strength to tear down negative thoughts and habits.	THE GATHERING E4M Wellness Mtg. @ 7p Room F227 2nd Fl (bring a friend!)	Wellness Wednesday Reflect on what you learned at the meeting last night! Write down your commitment to Rise and Impact!	Thriving Thursday ➡ Tonight @ 7p on the app! Removing Lies/Unhealthy Patterns from My Life!	Weigh in Day! Fitness Friday ➡ Keep up with Jason and our 4 Minute Fitness!	Stay Engaged Saturday Be intentional to replace ONE sugary snack with a fruit or veggie! Share your swap in the app!👏
Start your week with our Daily Devotion (Don’t forget the daily strategy too!)	Move-It Monday Take a 10 Minute Prayer Walk. Ask God to reveal to you the habits and thoughts He wants you to uproot and tear down this month!	GIVING TUESDAY 🌱 Quick gift = BIG impact! Support our Healthy, Healing Baskets, & help us bring healing with a touch of health🥰🌱 Scan the QR Code above 👏	Wellness Wednesday Limit social media to 30 minutes. Reflect on what you’re tearing down mentally.	Thriving Thursday ➡ Tonight @ 7p on the app! Breaking Free From Sin Patterns and Worldly Influences	Weigh in Day! Fitness Friday ➡ Keep up with Jason and our 4 Minute Fitness!	Stay Focused Saturday Identify one area where fear holds you back. Pray to overthrow it.
Start your week with our Daily Devotion (Don’t forget the daily strategy too!)	Motivated Monday Identify one negative thought and replace it with scripture (Ex: Phil 4:13)	TRY IT TUESDAY <u>It’s Everybody’s Fave</u> 👩🏻👨🏻 <u>E4M White Chicken Chili</u> Find it in the MAP on the app!	Wellness Wednesday What is one ‘worldly influence’ that you need to destroy from influencing your life? (i.e. music, social media, TV shows?) Share in the app!👏	Thriving Thursday ➡ Tonight @ 7p on the app! Creating Healthy Habits and Disciplines that truly Transform	Weigh in Day! Fitness Friday ➡ Keep up with Jason and our 4 Minute Fitness!	Say Something Encouraging Saturday Reach out to encourage someone today through text, DM, or in the app!👏 Plant seeds of hope and faith.
Start your week with our Daily Devotion (Don’t forget the daily strategy too!)	Motivated Monday <i>Journal progress this month: What have you uprooted or torn down? What did you build and plant?</i>	IT’S TACO TUESDAY <u>‘Taco’bout Easy!</u> 🌮 We love this simple staple Find it in the MAP on the app!	Wellness Wednesday Journal 4 things you are thankful for! Pray and ask God to help you keep building on your gratitude!	Thriving Thursday ➡ Tonight @ 7p on the app! Sowing Seeds for Future Impact 👏	Weigh in Day! Fitness Friday ➡ Keep up with Jason and our 4 Minute Fitness!	 DOWNLOAD THE APP