

Reflect the Goodness of God

Track your wellness win with a  everyday!

JULY

Cultivating **GOODNESS**—one day at a time.

SUN MON TUE WED THU FRI SAT

*Oh, taste and see that the Lord is good;
Blessed is the man who trusts in Him!*

Psalms 34:8

1
READ PSALM 34.
THANK GOD FOR
HIS GOODNESS

2
THRIVING THURSDAY
LIVESTREAM
JOIN US ONLINE @ 7PM

3
FITNESS FRIDAY
MOVE YOUR BODY FOR
AT LEAST 10 MINUTES
TODAY

4
DRINK 10 OZ. OF WATER
UPON WAKING THIS
MORNING!


5
JOIN US FOR 24-HOUR
CORPORATE FAST
SUN 4P-MON 4P

6
BEFORE REACTING TO A
STRESSFUL SITUATION,
PAUSE FOR 5 SECONDS
& PRAY
"LORD GUIDE ME"

7
BRING A FRIEND &
JOIN US FOR
THE GATHERING
TONIGHT @ 6:45

8
MEDITATE ON THE WORD
"GOODNESS"
FOR 10-20 MINS THIS
MORNING

9
THRIVING THURSDAY
LIVESTREAM
JOIN US ONLINE @ 7PM

10
FITNESS FRIDAY
MOVE YOUR BODY FOR
AT LEAST 10 MINUTES
TODAY

11
H & W CLARION CALL TO
PRAYER @ 9A
TEXT "PRAYERCALL"
859-359-3997
TO REGISTER!

12
HOLD YOUR TONGUE
WHEN YOU WANT TO
COMPLAIN TODAY

13
PUT SOMEONE ELSE'S
NEED ABOVE YOURS.
HONOR & SERVE THEM
WITH ENTHUSIASM
(ROMANS 12:10)

14
GIVING TUESDAY


15
GRAB YOUR FAVORITE
WHOLE FOOD &
EXPERIENCE IT WITH
ALL 5 SENSES

16
THRIVING THURSDAY
LIVESTREAM
JOIN US ONLINE @ 7PM

17
FITNESS FRIDAY
MOVE YOUR BODY FOR
AT LEAST 10 MINUTES
TODAY

18
ASK YOURSELF:
WHAT FELT GOOD
ABOUT THIS WEEK?

19
DON'T JUST 'EAT' TODAY.
DELIGHT IN THE
GOODNESS OF EACH
MEAL

20
BE STILL.
SIT QUIETLY FOR 3
MINUTES AND FOCUS
ONLY ON GOD'S
PRESENCE, NO PHONE

21
SPEND 5 MINUTES
THANKING GOD
WITHOUT ASKING FOR
ANYTHING

22
BE INTENTIONAL:
REFUSE ONE NEGATIVE
COMMENT OR GOSSIP
TODAY

23
THRIVING THURSDAY
LIVESTREAM
JOIN US ONLINE @ 7PM

24
FITNESS FRIDAY
MOVE YOUR BODY IN A
NEW WAY TODAY.
(CHECK THE E4M APP
FOR INSPIRATION)

25
NOTICE YOUR MOOD
SHIFTS TODAY AND
ASK: "WHAT AM I
BELIEVING RIGHT
NOW?"

26
PRAY BEFORE MAKING
ANY DECISION TODAY,
EVEN SMALL ONES

27
SLOW DOWN DURING
MEALS TODAY. SAVOR
SMALL BITES

28


29
LIST 4 SPECIFIC
MOMENTS THIS MONTH
WHERE YOU IMITATED
GOD'S GOODNESS

30
THRIVING THURSDAY
LIVESTREAM
JOIN US ONLINE @ 7PM

31
DOWNLOAD NEXT
MONTH'S CALENDAR.
GET READY TO
CULTIVATE
FAITHFULNESS!

SAVE YOUR SEAT FOR
NEXT WEEK'S GATHERING!

Do you have a health & wellness prayer request? Send it to us at yourteam@equipped4more.com

Reflections:
