

RISE AND IMPACT

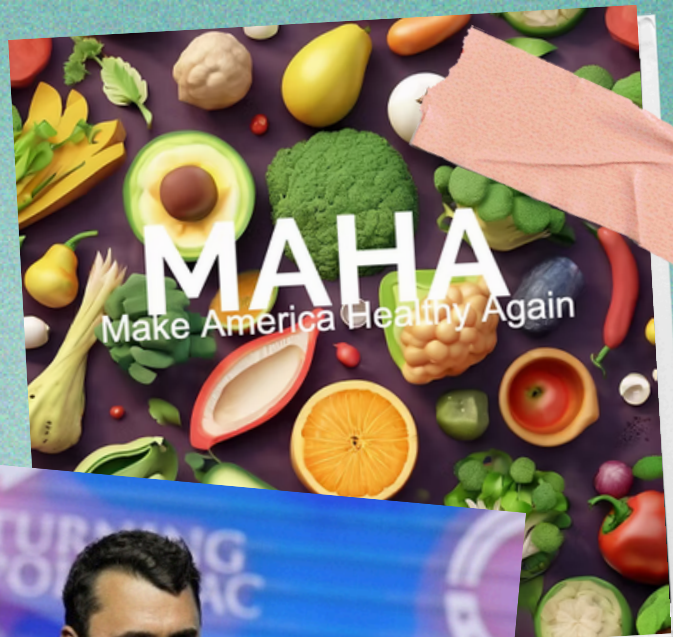
WELLNESS FOR A LIFE OF INFLUENCE

*"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

WATCH

NOW



PRESENTED BY E4M/CFC
HEALTH & WELLNESS

A workbook study teaching you to live boldly in wellness and purpose!

Monthly Meeting Notes

Date

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Week 1
Uproot & Tear Down

10/9/25

REMOVING LIES AND UNHEALTHY
THOUGHTS/BEHAVIORS FROM MY LIFE

TPUSA PRINCIPLE CONNECTION:

*STANDING FOR TRUTH BEGINS WITH REMOVING DECEPTION IN OUR OWN LIVES.
(HOW DO I REMOVE DECEPTION IN MY LIFE?)*

GUIDING BIBLICAL PRINCIPLE:

*JUST AS WEEDS CHOKER OUT GOOD PLANTS, FALSE BELIEFS, NEGATIVE THOUGHTS AND BEHAVIORS
CHOKER OUT GOD'S TRUTH!
GOD CALLS US TO UPROOT THEM AND TEAR DOWN EVERY STRONGHOLD.
(WHY IS THIS SO DANGEROUS?)*

WRITE OUT THE FOLLOWING SCRIPTURES:

2 CORINTHIANS 10:5

ROMANS 12:2

REFLECTION PROMPTS:

WHAT LIES OR NEGATIVE THOUGHTS/BEHAVIORS NEED TO BE UPROOTED IN MY LIFE?

ACTION STEP:

FAST FROM ONE NEGATIVE HABIT OR MINDSET
(EX: COMPLAINING, FEAR-BASED SCROLLING, MINDLESS EATING).
REPLACE IT WITH DAILY MEDITATION/MEMORIZATION OF THIS WEEK'S SCRIPTURES.

PRAYER/DECLARATION:

*"LORD, HELP ME UPROOT LIES AND PLANT YOUR TRUTH IN MY MIND.
I WILL STAND FIRM IN YOUR WORD EVERYDAY."*

Week 2

10/16/25

Destroy & Overthrow

BREAKING FREE FROM SIN PATTERNS AND
WORLDLY INFLUENCES.

TPUSA PRINCIPLE CONNECTION:

*COURAGE MEANS OVERTHROWING CONFORMITY AND STANDING FOR BIBLICAL TRUTH, EVEN WHEN
CULTURE PRESSURES US TO COMPROMISE.*

(WHERE ARE YOU COMPROMISING YOUR FAITH? EX: WHAT YOU WATCH, LISTEN TO?)

GUIDING BIBLICAL PRINCIPLE:

*GOD GIVES US AUTHORITY TO DESTROY THE WORKS OF THE ENEMY AND OVERTHROW ANYTHING THAT
SETS ITSELF AGAINST HIS PURPOSE.*

(HOW WILL YOU BEGIN TO USE THIS AUTHORITY TO STAND FOR YOUR FAITH?)

WRITE OUT THE FOLLOWING SCRIPTURES:

JOHN 8:36

1 JOHN 3:8

REFLECTION PROMPTS:

WHAT SIN OR DISTRACTION IS KEEPING ME FROM FREEDOM?

WHERE IS GOD CALLING ME TO TAKE A BOLD STAND?

ACTION STEP:

IDENTIFY ONE "WORLDLY INFLUENCE" (MUSIC, MEDIA, GROUP, OR THOUGHT PATTERN)
TO OVERTHROW THIS WEEK. REPLACE IT WITH PRAYER, MEDITATION ON THIS WEEK'S
SCRIPTURES,

PRAYER/DECLARATION:

*"LORD, HELP ME UPROOT LIES AND PLANT YOUR TRUTH IN MY MIND.
I WILL STAND FIRM IN YOUR WORD EVERYDAY."*

Week 3

10/23/25

Build

CREATING HEALTHY HABITS AND DISCIPLINES.

TPUSA PRINCIPLE CONNECTION:

LEADERSHIP REQUIRES RESPONSIBILITY—
BUILDING YOUR LIFE ON CHRIST CREATES A FOUNDATION OTHERS CAN FOLLOW.
(HOW ARE YOU SHOWING CHRISTIAN LEADERSHIP IN YOUR CIRCLES OF INFLUENCE?)

GUIDING BIBLICAL PRINCIPLE:

ONCE WE CLEAR AWAY WHAT DOESN'T BELONG, GOD CALLS US TO BUILD—
OUR FAITH, OUR CHARACTER, OUR INFLUENCE.
(IN WHAT AREAS DO YOU NEED TO START BUILDING? EX: KNOWLEDGE OF GOD/TEACHING? TAKING BETTER CARE OF YOURSELF?)

WRITE OUT THE FOLLOWING SCRIPTURES:

MATTHEW 7:24-25

COLOSSIANS 2:6-7

REFLECTION PROMPTS:

WHAT SPIRITUAL OR PERSONAL HABITS DO I NEED TO STRENGTHEN?

HOW CAN I TAKE RESPONSIBILITY FOR LEADING MYSELF WELL?

ACTION STEP:

CHOOSE ONE DAILY DISCIPLINE (JOURNALING, PRAYER WALK, INTENTIONAL
LEADERSHIP READING) TO BUILD CONSISTENCY.

PRAYER/DECLARATION:

*“LORD, HELP ME BUILD MY LIFE ON YOUR WORD SO I CAN BE A STRONG
LEADER AND WITNESS FOR YOU.”*

Week 4

10/30/25

Plant

SOWING SEEDS FOR FUTURE GROWTH AND
IMPACT.

TPUSA PRINCIPLE CONNECTION:

PLANTING SEEDS OF TRUTH AND RESPONSIBILITY LEAVES A LEGACY OF FREEDOM AND FAITH
FOR THE NEXT GENERATION.

(WHAT WILL YOU DO TO CONTRIBUTE TO THE LEGACY OF TRUTH AND RESPONSIBILITY FOR THE NEXT GENERATION?)

GUIDING BIBLICAL PRINCIPLE:

WHAT WE PLANT TODAY DETERMINES WHAT WE HARVEST TOMORROW.

GOD CALLS US TO SOW SEEDS OF FAITH, FREEDOM, AND PURPOSE.

(HOW ARE YOU PLANTING SEEDS OF FAITH, FREEDOM AND PURPOSE IN YOUR LIFE RIGHT NOW?)

WRITE OUT THE FOLLOWING SCRIPTURES:

GALATIANS 6:7-9

PSALM 1:3

REFLECTION PROMPTS:

WHAT SEEDS AM I PLANTING WITH MY WORDS AND ACTIONS?

WHO CAN I INFLUENCE THIS WEEK WITH ENCOURAGEMENT AND TRUTH?

ACTION STEP:

DO ONE INTENTIONAL ACT OF INFLUENCE—MENTOR SOMEONE, ENCOURAGE A PEER,
OR SHARE YOUR FAITH BOLDLY.

PRAYER/DECLARATION:

*"I WILL PLANT SEEDS OF FAITH, FREEDOM, AND COURAGE THAT WILL
BEAR FRUIT FOR GENERATIONS TO COME."*

SCAN

*the
QR Code*



**DID THIS RESOURCE BLESS
YOUR LIFE?**

*“Your gift helps us create more faith-filled resources
like this—equipping people to grow stronger in mind,
body, and spirit through God’s Word.*

Thank you for giving!

-Julie and your E4M Family