

# 120 Day Wellness Challenge

Sept. 25<sup>th</sup> – Dec. 25<sup>th</sup>, 2011

WEEK 12 – DECEMBER 18<sup>TH</sup> -25<sup>TH</sup>

~Judah Temple A.M.E. Zion Church~~~Mitchellville, MD~~~Rev. Scot C. Moore, Pastor~~~

## THIS WEEK'S FOCUS: LOVE EXEMPLIFIED!

### Read I Corinthians 13 EVERYDAY this week and live it!

Monday – Demonstrate **PATIENCE** by not interrupting a love who is telling you something that they have told you before, singing songs of praise if stuck in traffic or in a long line at the store, showing someone how to do something that is easy to you.

Tuesday – In addition to demonstrating patience, demonstrate **KINDNESS** by intentionally doing random acts of kindness. Pay for an elderly person's groceries, buy someone's beverage in Starbucks, give food to a family who's struggling, send a note of encouragement who someone who's "going through," speak words of kindness to your loved ones even when they are "acting up."

Wednesday – In addition to being more patient and kind, **CELEBRATE** someone else this week. Commend a friend or family member on an accomplishment, let a co-worker or relative know how good they are at something, send an e-mail or card to someone who recently made a great accomplishment.

Thursday – Be intentional about not bringing up past mistakes to your family, friends and colleagues. Ask God to help you throw out the "records of wrongs" you've been keeping.

Friday – Look for opportunities to **PROTECT** someone whose character or reputation is being attacked. Speak well of others and show compassion.

Saturday – Decide not to become **EASILY ANGERED** today! Don't yell if someone cuts you off in traffic, if your children are making noise, if the bank messes up a transaction, etc. etc. etc.

**This is the last week of the 120 day challenge for 2011! We pray that you have grown stronger spiritually and are physically, mentally, financially and emotionally more healthy! On Christmas morning:**

- Thank God for Jesus Christ who empowers us to be SURVIVORS!
- Read Luke 2:1-21
- Open gifts (if you have any). If you have no gifts thank God for giving you the gift (JESUS CHRIST) who keeps on giving!
- If you have children, grandchildren, godchildren, minor aged nieces or nephews, have them pray a prayer of thanksgiving to God for their gifts.
- ATTEND CHURCH
- In appreciation for God's gift of his only Son, show love in your actions, attitudes and conversation. Make sure that as you celebrate Christmas, you do so in a way in which Jesus would feel welcome at His birthday party!

## SUNDAYS

**STRONG**- I am able to handle whatever happens today because Christ gives me strength. –Phil 4:13

## MONDAYS

**UNSHAKEABLE**- I am able to handle whatever happens today because my foundation is built upon The Rock. Psalm 62:2

## TUESDAYS

**RESILIENT**- I am not going to let my mistakes keep me down because the same power that raised Jesus from the dead is at work in me. Hebrews 12:1

## WEDNESDAYS

**VALIANT**- I am courageous because the Lord is with me wherever I go. Deut. 31:6

## THURSDAYS

**INTENTIONALLY IMPROVE**- I will make progress on purpose because I am Christ's workmanship created for good works that glorify Him. II Pet 1:5

## FRIDAYS

**VICTORIOUS** – I think and act like a winner because I am more than a conqueror through Christ Jesus who loves me. Romans 8:37

## SATURDAYS

**ENVISION** – My future looks great because God has great plans for me. Jeremiah 29:11