Kransformation Journal



"Connected to Wellness"

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

SMALL GROUP MEMBERS

NAME	NAME	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:
NAME	NAME	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:

HOW TO USE YOUR TRANSFORMATION JOURNAL

Plan now to use your Transformation Journal daily. The following ways will help you receive the maximum benefits from your journal.

YEARLY

- *List miracles, blessings and significant events from the following year
- *Write your GOALS for the upcoming year.

MONTHLY

*List your GOALS FOR THE MONTH.

WEEKLY

- *For the current week, list your WEEKLY GOALS.
- *Write down each Small Group member stated weekly prayer request in the SMALL GROUP MEETING REQUESTS.
- *Write down a memory verse to remember.
- *At the end of each week, examine your goal list and check off those goals which you completed.
- *Write down sermon notes and ideas.

DAILY

AT THE BEGINNING OF EACH DAY:

- *Write down an affirmation for the day to remember for that day (suggestions in the back of journal).
- *Set your goals for the day using the DAILY LIST TOP 10. (at the end of the journal).

AT THE END OF THE DAY:

- *Record goals you have achieved.
- *Write down any blessing, prayers answered, significant events or ideas.
- *Write down any positive things that have happened for that day.
- *List one thing that you are thankful for.

SIGNIFICANT ACHIEVEMENTS FOR 2012

GOALS FOR 2013

GOALS FOR 2013

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YEARLY PLANNER 2013

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4	5
ARY	6	7	8	9	10	11	12
JANUARY	13	14	15	16	17	18	19
J	20	21	22	23	24	25	26
	27	28	29	30	31	1	2
X	3	4	5	6	7	8	9
FEBRUARY	10	11	12	13	14	15	16
FEB	17	18	19	20	21	22	23
	24	25	26	27	28	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
MARCH	17	18	19	20	21	22	23
\mathbf{M}_{λ}	24	25	26	27	28	29	30
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
Ш	14	15	16	17	18	19	20
APRIL	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
Y	12	13	14	15	16	17	18
MAY	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
JUNE	16	17	18	19	20	21	22
J	23	24	25	26	27	28	29
	30						

YEARLY PLANNER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	3	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	2	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30`	31				
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January 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		New Year's Day				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
	Martin Luther King Day					
27	28	29	30	31		

Group Meeting Prayer Requests

January 1-5	
January 6-12	
January 13-19	
January 20-26	

Group Meeting Prayer Requests

January 27-31	
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	_

January 2013

Goals for this Month

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Record of Daily Miracles, Prayers An	swered, Successes, Strengths, and Blessings
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January 1-5

Weekly Goals

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation f	on Day
Sunday Write down Fositive Affirmation f	or Day.
Journal for Day:	
odifier for Buy.	
Monday Write down Positive Affirmation	for Day:
Journal for Day:	
Tuesday Write down Positive Affirmation j	or Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

January 6-12	
Weekly Goals	
1 8	
2 9	
3 10	
4 11	_
5 12	
6 13	
7 14	
Memory Verse for Week:	
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

January 13-19 **Weekly Goals** 8 1 9 2 3 10 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Write down Positive Affirmation for Day: Monday Journal for Day: Tuesday Write down Positive Affirmation for Day: Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

	Janu	ary 20-26	
	Weel	kly Goals	
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	
	Memor	y Verse for Week:	
Sunday Write down Positive Affirm	ation for Day:		
Journal for Day:			
Monday Write down Positive Affirm	nation for Day:		
Journal for Day:			
Tuesday Write down Positive Affirm	 nation for Day		
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Journal for Day:			
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

	January 27-31	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
	Memory Verse for Week:	
Sunday Write down Positive Affirmation f	or Day:	
Journal for Day:		
Monday Write down Positive Affirmation	for Day:	
Journal for Day:		
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Tuesday Write down Positive Affirmation j	for Dav:	
Journal for Day:		
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

February 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
10	11	12	13	14	13	10
			Ash Wednesday	Valentine's Day		
17	18	19	20	21	22	23
	Presidents Day					
24	25	26	27	28		

Group Meeting Prayer Requests

February 1-2	
February 3-9	
February 10-16	
February 17-23	
February 24-28	

February 2013

Goals for this Month

1		8
2		9
3		10
4		11
5	_	12
6	-	13
7	_	14
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
		_

	Febru	ary 1-2	
	Weekl	y Goals	
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	
	Memory '	Verse for Week:	
Friday <i>Write down Positive Afj</i>	firmation for Day:		
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Journal for Day:			
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Saturday Write down Positive	Affirmation for Day:		
Journal for Days			
Journal for Day:			
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February 3-9

Weekly Goals

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Sunday Write down I ostive Affirmation for Day.	
Journal for Day:	
voulimi 101 Buj.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

February 10-16

Weekly Goals

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Mem Sunday <i>Write down Positive Affirmation for Day</i> :	nory Verse for Week:
Sunday Title down I oshive Hijjit mallon for Day.	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

	February 17-23	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
	Memory Verse for We	eek:
Sunday Write down Positive Affine	mation for Day	
Sunday Write down Positive Affirm	nation for Day.	
Journal for Day:		
Monday Write down Positive Affir	mation for Day:	
Journal for Day:		
Tuesday Write down Positive Affirm	nation for Day:	
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Journal for Day:		

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

	February 2	24-28	
	Weekly G	oals	
1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	
	Memory Verse	e for Week:	
Sunday Write down Positive Affirm	nation for Day:		
Journal for Day:			
Journal for Day.			
Monday Write down Positive Affirm	mation for Day:		
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Journal for Day:			
Tuesday Write down Positive Affirm	nation for Day:		
Journal for Day:			
Tourist for Duy.			

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

March 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
10	11	12	13	14	13	10
Daylight Savings						
17	18	19	20	21	22	23
St. Patrick's Day			Spring Begins			
St. I attick s Day			Spring Degins			
24	25	26	27	28	29	30
Palm Sunday		Passover			Good Friday	
31						
Easter						

Group Meeting Prayer Requests

March 1-2			
March 3-9			
March 10-16			
March 17-23			

Group Meeting Prayer Requests

March 24-31	

March 2013

Goals for this Month

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	
Record of Daily Miracles, Prayers DATE:	s Answered, Successes, Strengths, and Blessings
	
	
	
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March 1-2

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3	10	
4	11	
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6	13	_
7	14	
	Memory Verse for W	Veek:
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Friday Write down Positive Affirma	tion for Day	
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Journal for Day:		
outher for Buy.		
Saturday Write down Positive Affirm	iation for Day:	
Y 10 B		
Journal for Day:		

March 3-9

1		weekly Goals
3 4 11 5 6 12 13 14 Memory Verse for Week: Sunday Write down Positive Affirmation for Day: Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day:	1	
4 11 5 12 13 7 14 Memory Verse for Week: Sunday Write down Positive Affirmation for Day: Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day:	2	9
5 6 7 Memory Verse for Week: Sunday Write down Positive Affirmation for Day: Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:	3	10
6	4	11
Memory Verse for Week: Sunday Write down Positive Affirmation for Day: Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:	5	12
Memory Verse for Week: Sunday Write down Positive Affirmation for Day: Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:	6	13
Sunday Write down Positive Affirmation for Day: Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:	7	14
Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:		Memory Verse for Week:
Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:	Sunday Write down Positive Affirma	tion for Day:
Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:		
Journal for Day: Tuesday Write down Positive Affirmation for Day:	Journal for Day:	
Journal for Day: Tuesday Write down Positive Affirmation for Day:		
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Journal for Day: Tuesday Write down Positive Affirmation for Day:		
Journal for Day: Tuesday Write down Positive Affirmation for Day:		
Journal for Day: Tuesday Write down Positive Affirmation for Day:		
Tuesday Write down Positive Affirmation for Day:	Monday Write down Positive Affirma	tion for Day:
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Journal for Day:	Tuesday Write down Positive Affirma	tion for Day:
	Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

March 10-16

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation	a for Day:
Saliday "The down I oshive Hymmuno.	yor Day.
Journal for Day:	
Manadana Waita Janas Banitina Affirmati	D
Monday Write down Positive Affirmation	n for Day.
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmatio	ı for Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

March 17-23

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2	9
3	10
4	11
5	12
6	13
7	14
Memory Ve	erse for Week:
Sunday Write down Positive Affirmation for Day: Journal for Day:	
odina for Day.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

March 24-31

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Do	Memory Verse for Week: ay:
Journal for Day:	
Monday Write down Positive Affirmation for D	Day:
Journal for Day:	
Tuesday Write down Positive Affirmation for Do	ay:
Journal for Day:	
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday /Sunday Write down Positive Affirmation for Day:
Journal for Day:

April 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
			A desimination			
			Administrative Professional Day			
28	29	30				

Group Meeting Prayer Requests

April 1-6		
		_
April 7-13		
April 14-20		
April 21-27		
April 28-30	 	

April 2013

Goals for this Month

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Record of Daily Miracles, Prayers And DATE:	nswered, Successes, Strengths, and Blessings
	
	
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	April	1-6	
	Weekly G	Goals	
1	·	8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	
Sunday Write down Positive Affirma		erse for Week:	
Journal for Day:			
Monday Write down Positive Affirmation Journal for Day:	ution for Day:		
Journal for Day.			
Tuesday Write down Positive Affirma	tion for Day:		

Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

April 7-13

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. J. W. J. D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
January for Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

April 14-20

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

April 21-27

Weekly Goals

1

8

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3		10	
4		11	_
5	_	12	_
6		13	
7		14	
Sunday <i>Write down Po</i>	Mositive Affirmation for Day:	emory Verse for Week:	
Journal for Day:			
Monday Write down Po	ositive Affirmation for Day	•	
Journal for Day:			
Transfer Write James	anition of the Day		
Tuesday Write down Po	ositive Affirmation for Day:		
Tuesday Write down Po	ositive Affirmation for Day:		
	ositive Affirmation for Day:		
	ositive Affirmation for Day:		
	ositive Affirmation for Day:		
	ositive Affirmation for Day:		

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

April 28-30

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirma	Memory Verse for Week: tion for Day:
Journal for Day:	
Monday Write down Positive Affirma	ution for Day:
Journal for Day:	
Tuesday Write down Positive Affirma	tion for Day:
Journal for Day:	

May 2013

5 6 7 8 9 10 11	
5 6 7 8 9 10 11	
5 6 7 8 9 10 11	
5 6 7 8 9 10 11	
5 6 7 8 9 10 11	
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	10
12 13 14 15 16 17	18
Mother's Day	
19 20 21 22 23 24 25	
26 27 28 29 30 31	_
Memorial Day	
Wellorial Bay	

Group Meeting Prayer Requests

May 1-2			
May 3-9			
May 10-16			
May 17-23			
May 24-28			

May 2013

Goals for this Month Record of Daily Miracles, Prayers Answered, Successes, Strengths, and Blessings DATE:

May 1-4 Weekly Goals 1 2 3 10 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Wednesday Journal for Day: Thursday Write down Positive Affirmation for Day: Journal for Day: Friday Write down Positive Affirmation for Day: Journal for Day:

Saturday Write down Positive Affirmation for Day:	
Journal for Day:	

May 5-11

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation	n for Day
Salaay Wille do Wil Salare 13,50 mailes	-,
Journal for Day:	
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W. I. Will D. W. (C.)	
Monday Write down Positive Affirmation	on for Day:
I	
Journal for Day:	
Tuesday Write down Positive Affirmatio	n for Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

May 12-18

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
16 1 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Monday Write down Positive Affirmation for Day:	
Y 10 D	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
Valuation Day.	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

May 19-25

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
16 1 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Monday Write down Positive Affirmation for Day:	
Y 10 D	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
Valuation Day.	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

May 26-31

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
16 1 18 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
Monday Write down Positive Affirmation for Day:	
Y 10 D	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
Valuation Day.	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

June 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
2	3	4	3	0	/	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Father's Day					Summer Begins	
23	24	25	26	27	28	29
30						

Group Meeting Prayer Requests

June 1-8			
June 9-15			
June16-22			
June 23-30			

June 2013

Goals for this Month

9
10
11
12
13
14
15
16
Answered, Successes, Strengths, and Blessings

June 1-8

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Saturday/Sunday Write down P	Memory Verse for Week: sitive Affirmation for Day:
Journal for Day:	
Monday Write down Positive A	irmation for Day:
Journal for Day:	
Tuesday Write down Positive Aj	rmation for Day:
J.	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

June 9-15

Weekly	Goals
WEEKI	Guais

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Day: Journal for Day:	Verse for Week:
Journal for Day.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

June 16-22

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Men	nory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. I. W. J. D. W. ACC. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

June 23-30

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Men	nory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. I. W. J. D. W. ACC. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday/Sunday Write down Positive Affirmation for Day:
Journal for Day:

July 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
,						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
20	20	20	21			
28	29	30	31			

Group Meeting Prayer Requests

July 1-6			
July 7-13			
-			
July14-20			
July 21-27			
July 28-31			

July 2013

Goals for this Month

1	9
2	10
3	11
4	12
5	13
6	14
7	15
8	16
Record of Daily Mir	racles, Prayers Answered, Successes, Strengths, and Blessings
	
	
	

July 1-6

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory Verse	e for Week:
Monday Write down Positive Affirmation for Day: ournal for Day:	
Tuesday Write down Positive Affirmation for Day:	
ournal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

July 7-13

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
33 3	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Trionady Tritle down I ostive Hiji mailon for Day.	
Journal for Day:	
Treaden Write down Positive Affirmation for Day	
Tuesday Write down Positive Affirmation for Day:	
January of Francisco	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

July 14-20

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Men	nory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. I. W. J. D. W. ACC. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

July 21-27

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Men	nory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. I. W. J. D. W. ACC. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

July 28-31

1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
Memory \	Verse for Week:	
Sunday Write down Positive Affirmation for Day:		
Journal for Day:		
·		
Monday Write down Positive Affirmation for Day:		
Monday Write down I ositive Affirmation for Day.		
Journal for Day:		
Tuesday/Wednesday Write down Positive Affirmation for Day:		
Journal for Day:		

August 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	120	· 4 /	120	12)	150	J1

Group Meeting Prayer Requests

August 1-3	
August 4-10	
August 11-17	
August 18-24	
August 25-31	

August 2013

Goals for this Month

1		9
2		10
3		11
4		12
5		13
6		14
7		15
8		16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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August 1-3

I	8
2	9
3	10
4	11
5	12
6	13
7	14
Thursday Write down Positive Affirmation for Day:	Verse for Week:
Journal for Day:	
Friday Write down Positive Affirmation for Day:	
Journal for Day:	
Saturday Write down Positive Affirmation for Day:	
Journal for Day:	

August 4-10

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Day: Journal for Day:	emory Verse for Week:
Journal for Day.	
Monday Write down Positive Affirmation for Day:	:
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

August 11-17 Weekly Goals 1 2 3 10 4 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day: Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

August 18-24

1	0
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sanday White down I ostilve Hyprimation for Day.	
Journal for Day:	
•	
M. J. W. J. D. W. ACC. W. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

August 25-31

2	9
3	10
4	
5	12
6	13
7	14
Me	emory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Sunday "The down I oshive Affirmation for Day.	
Journal for Day:	
Journal for Day.	
-	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
To all with the Province Affirm the Company	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

September 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
				Rosh Hashanah		
8	9	10	11	12	13	14
N						V V.
National Grandparents Day						Yom Kippur
15	16	17	18	19	20	21
22	23	24	25	26	27	28
Fall Begins						
29	30					

September 2013

Goals for this Month

1	9
2	10
3	11
4	12
5	13
6	14
7	15
8	16
Record of Daily Miracles, Prayers And DATE:	aswered, Successes, Strengths, and Blessings
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Group Meeting Prayer Requests

September 1-7			
September 8-14			
September 15-21			
September 22-30			

September 1-7

1	0
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sanday White down I ostilve Hyprimation for Day.	
Journal for Day:	
•	
M. J. W. J. D. W. ACC. W. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

September 8-14

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. J. W. J. D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
January for Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

September 15-21

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Day:	Verse for Week:
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
<u> </u>	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

September 22-28

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Men	nory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. I. W. J. D. W. ACC. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

September 29-30

1	0
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sanday White down I ostave Hypamation for Day.	
Journal for Day:	
-	
Monday Write down Positive Affirmation for Day	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	

October 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	Columbus Day		National Boss Day			
20	21	22	23	24	25	26
				United Nations Day		
27	28	29	30	31		
				Halloween		
27	28	29	30	Day 31		

Group Meeting Prayer Requests

October 1-5	
October 6-12	
October 13-19	
October 20-26	
October 27-31	

October 2013

Goals for this Month

1	9	9
2		10
3		11
4		12
5		13
6		14
7		15
8		16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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		-
		-
		-

October 1-5 **Weekly Goals** 1 2 3 10 4 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:

Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

October 6-12

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sunday "The down I oshive Affirmation for Day.	
Journal for Day:	
vouriur for Euy.	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

October 13-19

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Day:	Verse for Week:
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

October 20-26

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. J. W. J. D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
January for Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

October 27-31

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. J. W. J. D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
January for Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

Wednesday	Write down Positive Affirmation for Day:
Journal for D	ay:
-	

November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
Daylight Savings		Election Day				
10	11	12	13	14	15	16
	Veterans Day					
17	10	10	20	21	22	22
17	18	19	20	21	22	23
24	25	26	27	28	29	30
				Thanksgiving Day		

Group Meeting Prayer Requests

November 1-2			
November 3-9			
November 10-16			
November 17-23			

Group Meeting Prayer Requests

November 24-30	

November 2013

Goals for this Month

1	9
2	10
3	11
4	12
5	13
6	14
7	15
8	16
Record of Daily Miracles, Prayers A	Answered, Successes, Strengths, and Blessings
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November 1-2 Weekly Goals Memory Verse for Week: Write down Positive Affirmation for Day: Friday Journal for Day: Saturday Write down Positive Affirmation for Day: Journal for Day:

November 3-9

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation for	· Dav:
202244	
Journal for Day:	
-	
W. J. B. W. G.	
Monday Write down Positive Affirmation for	r Day:
January for Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for	r Day:
Journal for Day:	

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

			No	vember	r 10-16			
			W	Veekly (Goals			
1					8			
2					9			
3					10			
4					11			
5					12			
6					13			
7					14			
			Mei	mory Ve	erse for Wee	ek:		
Sunday	Write down Pos	itive Affirmati	on for Day:					
1.0	D							
Journal fo	r Day:							
Monday	Write down Po	sitive Affirmat	ion for Day:					
Monday	Write down Po	sitive Affirmat	ion for Day:					
		sitive Affirmat	ion for Day:					
		sitive Affirmat	ion for Day:					
		sitive Affirmat	ion for Day:					
		sitive Affirmat	ion for Day:					
		sitive Affirmat	ion for Day:					
Monday Journal fo		sitive Affirmat	ion for Day:					
Journal fo	r Day:							
Journal fo	r Day: Write down Pos							
Tuesday	r Day: Write down Pos							
ournal fo	r Day: Write down Pos							
Journal fo	r Day: Write down Pos							
Tuesday	r Day: Write down Pos							

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

November 17-23

1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
	Memory Verse for Week:	
Sunday Write down Positive Affirm	nation for Day:	
Journal for Day:		
Monday Write down Positive Affirm	nation for Day:	
Journal for Day:		
Tuesday Write down Positive Affirm	nation for Day:	
Journal for Day:		

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

November 24-30 Weekly Goals 1 2 3 10 4 11 5 12 6 13 14 Memory Verse for Week: Write down Positive Affirmation for Day: Sunday Journal for Day: Monday Write down Positive Affirmation for Day: Journal for Day: Tuesday Write down Positive Affirmation for Day:

Journal for Day:

Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
0		10	11	12	12	14
8	9	10	11	12	13	14
15	16	17	18	19	20	21
						Winter Begins
22	23	24	25	26	27	28
22	2.5	24		20	21	20
			Christmas Day			
29	30	31				

Group Meeting Prayer Requests

December 1-7	
December 8-14	
December 15-21	
December 22-28	
December 29-31	

December 2013

Goals for this Month

1		9
2		10
3		11
4		12
5		13
6		14
7		15
8	_	16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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Weekly Goals

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	Memory Ver	rse for Week:
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Sunday Write down Positive Aff	irmation for Day.	
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Monday Write down Positive Af	firmation for Day:	
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Tuesday Write down Positive Afj	 firmation for Day	
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Journal for Days		
Journal for Day:		
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
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Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

December 8-14

Weekly Goals

1	8
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Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
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Journal for Day:	
Monday Write down Positive Affirmation for Day:	
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Wednesday Write down Positive Affirmation for Day:
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Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

December 15-21

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	erse for Week:
Sunday Write down Positive Affirmation for Day:	
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Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
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Wednesday Write down Positive Affirmation for Day:
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Thursday Write down Positive Affirmation for Day:
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Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

December 29-31

Weekly Goals

1	8
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Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
M. J. W. J. D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
January for Days	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

SERMON/MEDITATION NOTES

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You are healthy and strong

All guilt, resentment, and blame are gone

You dwell in the power of the living God, the great God, the all powerful God

I love God and surrender to his power

I accept him, love him, and cherish him

I love the me found in God

I'm alive in God's perfect image of me

In God's power I can control my present and future

I am strong in the spirit of God

I understand how life works and become better at succeeding

I am in complete control of my mind and body

Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately

I choose joy in God

I choose health in God

I love God, I love myself as he loves me

I perceive God mentally, physically, and emotionally

You exist in God's perfect image

You are a child of God created in his image

You have access to unlimited peace power and joy

You are cleansed of all negativity

God's holiness and purity dwell in you

You are surrounded by God's magnificent and powerful energy

Peace and love flow through your body

I am living and breathing his peace and love

God is ever present and all knowing

His power and light is always available to you

I am a child of the living God created in his image

I am secure in my faith of God

I rest in my faith

I am calm in my faith

His light shines on me

I am at peace

You exist in Gods perfect image

You are a child of God created in his image

You have access to unlimited peace power and joy

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His power and light is always available to you

I am a child of the living God created in his image

I am secure in my faith of God

I rest in my faith

I am calm in my faith

His light shines on me

I am at peace

I feel God's serenity in my soul

God's peace dwells in me

I feel God's eternal love and peace in me

I easily adapt to any situation

God's glory fills the earth

God's glory makes me happier and healthier every day

I can feel his glory all around me

I accept and embrace whole heartedly the word of God

I love to read Gods holy word

I replace negative thoughts with the word of God

I love to fill my mind with the word of God

I see things with humor, I am happy and joyful

God's power is in me

I am loving and respectful

I love God with all my heart, with all my soul, and with all my mind

I am whole and complete with God

My inner senses are open to the spirit of God

You are healthy and strong

All guilt, resentment, and blame are gone

You dwell in the power of the living God, the great God, the all powerful God

I love God and surrender to his power

I accept him, love him, and cherish him

I love the me found in God

I'm alive in God's perfect image of me

In Gods power I can control my present and future

I am strong in the spirit of God

I understand how life works and become better at succeeding

I am in complete control of my mind and body

Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately

I choose joy in God

I choose health in God

I love God, I love myself as he loves me

I perceive God mentally, physically, and emotionally

I am fully aware of Gods presence in my life

I am becoming healthier and stronger in God everyday

My self esteem grows daily because his presence grows in me everyday

I release all negative feelings

I cancel and reject any negative feeling and emotion, instead my mind is completely focused on the glory of God and his image in Jesus Christ

I often visualize the power of God flowing through me enhancing my talents and abilities

I see the world as God sees it, filled with his glory

God is great

I am more and more confident in God's power everyday

God is my source of loving, powerful energy. He strengthens me more and more everyday

I learn to grow with every situation in life and live my life to the fullest

I am filled with positive expectation when I pray and live my life for God

With God all things are possible. I am optimistic and confident in God. I love God.

I am happy in the preference of God. I love being with God

In the spirit of God I am warm, friendly, loving, and loveable

I can do all things though Christ who loves me

I am not conformed to this world, instead my mind id renewed by the spirit of God who dwells in me

It is through his spirit I know the perfect will of God

His spirit brings safety, security, and council

I can see and hear God because I take time out everyday to focus my mind on his holy spirit. I love doing this because his spirit becomes alive in me

In his spirit I am positive, I am calm, and at peace with God

His spirit dwells in me

I have supernatural concentration

I think in the mind of God

My mind is always focused on the things of God as they pertain to my life

Christ said he has overcome the world. And everything in the world is his

I have complete dominion over my life, my mind, my body, and even the world.

He said I would do greater things than he.

I now celebrate this realization rejoicing in the spirit of God, thank you God

Everyday the spirit of God transforms me more and more to his likeness

You are positive and confident in the spirit of God

Deep down you know that living in God?s power, love, and wisdom is possible

All positive changes are taking place right now

Opportunity and possibility has opened for you

You are adaptive and flexible

You have the ability to make anything into a positive experience

You are a child of the living God

You are endowed with grace and power from his throne

You are now aware of you unlimited potential

With God all things are possible

You now feel the power of God, his peace, and his instruction

You now have more assurance in the spirit of God than ever before

You are becoming more confident and positive in the spirit of God each day

You are becoming more motivated and assertive each day

You have a thirst for the word of God and enjoy learning by fallowing his instruction

The Holy Spirit is alive in you now. You can feel it, it is the spiritual movement of God within you.

Your spiritual senses are fully awake and sensitive to the spirit of God within

The more you feel and enjoy the presence of God, the more real it becomes

You are the walking, talking, spirit of God, all peace, love, and knowledge dwell in you now

You enjoy experiencing God this way, it gives you a great deal of joy, and peace radiates from you

People can feel God's peace radiating from you. This is how you?ve chosen to live you life and you operate beautifully

I take time to meditate ion the word of God

The word of God is beautiful to me

I enjoy spending time with God

My time with God is filled with His holy presence and it gives me peace

I love spending time with God

Every time I read the word of God I feel the Holy Spirit light up in me

The Holy Spirit gives me fresh revelation everyday

I love to think in the Holy Spirit

The Holy Spirit is the mind of God

I have the mind of God

I have the mind of Christ, in him knowledge is revealed

I am a child of the living God

I am created in his image

I can feel Gods loving and peaceful presence in me

I have a loving and grateful heart toward God

You are becoming more confident and positive in the power of God each day

Your strength comes from God

You are now very aware of the power of God within you; you can see it and feel it

You are falling in love with your life because God is in all things

God is everywhere

You are free in the spirit of God. Your mind is filled with his power

Your memory is unlimited. You have a supernatural ability to remember

You know the spirit of God dwells in you. This is your new reality

You walk in the spirit

You talk in the spirit

You think in the spirit

You are made whole and new in the spirit

You love to pray

You love to study the word of God

In Christ you are one body and one mind

Connected to Wellness?

Check out this green light up carabiner.

Is it fair to say that this item was designed and put together by someone or something? Just like the flashlight carabiner we were designed and made. Our designer was God. He made everyone with a unique DNA structure that makes them special.

Is it fair to say that this flashlight carabiner is made of the earth and part of the earth? Just like this carabiner we are of the earth. We are connected to earthly objects, desires and ideas. We are affected by our physical, chemical, and emotional environment.

Is it fair to say that this flashlight carabiner was made to create light? Just like this carabiner we were made to create. The first acts of God were to create. We are made in his image so we to want to create. Are you creating for God or for Earthly desires, self?

Is it fair to say that one day the battery on this flashlight carabiner will die? Just like this flashlight carabiner our earthly bodies will let us down and we will die. Just like all earthly ideas, desires, and objects. If you put your hope in earthly things you will always be heartbroken, let down, disappointed and upset. Everything earthly will let us down eventually (sports teams, jobs, money, family/friends, car, house, pets, health, etc). Have you seen anyone over 150 lately?

Is it fair to say that this flashlight carabiner was designed to stay connected and shine light when activated? Just like this flashlight carabiner we are designed to be of the earth and to shine light. When we stay connected to God we are on purpose. The only time we are on purpose is when we stay connected to God by reading/studying the Bible, prayer, meditation, worship, praise, and acting in God's love. When we lose our connection to God then we are only connected to earthly things. Our goal is to stay connected and on purpose.

Is it fair to say that this flashlight carabiner has a silver latch that keeps it safe and secure? Just like the flashlight carabiner's latch God came to earth and created a force to secure an eternal connection to Him. He did this as Jesus and died on a worldly cross and then rose from the grave three days later. By doing this he conquered the earth. You can't find his earthly body anywhere. He left a guide called the Holy Spirit that resides in our earthly bodies when we accept Him into our lives. When we accept God into our lives we are promised an eternal connection to Him and eternal life. By placing your faith in God you can feel secure that God is always there for you even when all earthly things let you down. This is seen in all Universal Principles because God is everywhere and in all time.

Keep this flashlight carabiner and press the button while asking yourself about the problems you are having or decisions you need to make. Are you creating for yourself or for God? One makes your life fulfilling and meaningful and the other empty/meaningless. Your purpose is to stay connected to God and create a loving environment. When you are having problems remember that God wants to be connected to you and has already conquered the earth through his son Jesus and has left behind a life coach called the Holy Spirit. Test yourself to see if what you are doing, thinking and saying are allowing you to be connected to God and be on purpose. If not then read the Bible, pray, get advice from others connected to God (people, books, DVDs, groups, church,

songs, and etc.), think and visualize what Jesus would do, listen to the Holy Spirit, study universal principles to see how the gospel story is playing out and then act for God. Minimize earthly things that are interfering with this connection and expect great things by your connection to God.

Are You Connected?

Standing Stone

(version 3)

Dedicated to Barbara Canova

Daily List 2013

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	Affirmation:	
	Memory Verse:	

Daily List 2013

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	Affirmation:	
	Memory Verse:	

Christian Materials Out

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May 29: 1King 1-2; Ps 37/71/94 New International Version: Chronological May 30: Ps 119:1-88 Read the Bible as its events occurred in real time. May 31: 1King 3-4; 2Chron 1; Ps 72 Jan 1: Gen 1-3 Jun 1: Ps 119:89-176 Jan 2: Gen 4-7 Jun 2: Solomon Jan 3: Gen 8-11 Jun 3: Prov 1-3 Jan 4: Job 1-5 Jun 4: Prov 4-6 Jan 5: Job 6-9 Jun 5: Prov 7-9 Jan 6: Job 10-13 Jun 6: Prov 10-12 Jan 7: Job 14-16 Jun 7: Prov 13-15 Jan 8: Job 17-20 Jun 8: Prov 16-18 Jan 9: Job 21-23 Jun 9: Prov 19-21 Jan 10: Job 24-28 Jun 10: Prov 22-24 Jan 11: Job 29-31 Jun 11: 1King 5-6; 2Chron 2-3 Jan 12: Job 32-34 Jun 12: 1King 7; 2Chron 4 Jan 13: Job 35-37 Jun 13: 1King 8; 2Chron 5 Jan 14: Joh 38-39 Jun 14: 2Chron 6-7; Ps 136 Jan 15: Job 40-42 Jun 15: Ps 134/146-150 Jan 16: Gen 12-15 Jun 16: 1King 9; 2Chron 8 Jan 17: Gen 16-18 Jun 17: Prov 25-26 Jan 18: Gen 19-21 Jun 18: Prov 27-29 Jan 19: Gen 22-24 Jun 19: Ecc 1-6 Jan 20: Gen 25-26 Jun 20: Ecc 7-12 Jan 21: Gen 27-29 Jun 21: 1King 10-11; 2Chron 9 Jan 22: Gen 30-31 Jun 22: Prov 30-31 Jan 23: Gen 32-34 Jun 23: 1King 12-14 Jan 24: Gen 35-37 Jun 24: 2Chron 10-12 Jan 25: Gen 38-40 Sep 2: Ezek 20-21 Jan 26: Gen 41-42 Sep 3: Ezek 22-23 Jan 27: Gen 43-45 Sep 4: Ezek 24-27 Jan 28: Gen 46-47 Sep 5: Ezek 28-31 Jan 29: Gen 48-50 Sep 6: Ezek 32-34 Jan 30: Ex 1-3 Sep 7: Ezek 35-37 Jan 31: Ex 4-6 Sep 8: Ezek 38-39 Feb 1: Ex 7-9 Sep 9: Ezek 40-41 Feb 2: Ex 10-12 Sep 10: Ezek 42-43 Feb 3: Ex 13-15 Sep 11: Ezek 44-45 Feb 4: Ex 16-18 Sep 12: Ezek 46-48 Feb 5: Ex 19-21 Sep 13: Joel Feb 6: Ex 22-24 Sep 14: Dan 1-3 Feb 7: Ex 25-27 Sep 15: Dan 4-6 Feb 8: Ex 28-29 Sep 16: Dan 7-9 Feb 9: Ex 30-32 Sep 17: Dan 10-12 Feb 10: Ex 33-35 Sep 18: Ezra 1-3 Feb 11: Ex 36-38 Sep 19: Ezra 4-6; Ps 137 Feb 12: Ex 39-40 Sep 20: Haggai Feb 13: Lev 1-4 Sep 21: Zech 1-7 Feb 14: Lev 5-7 Sep 22: Zech 8-14 Feb 15: Lev 8-10 Sep 23: Est 1-5 Feb 16: Lev 11-13 Sep 24: Est 6-10 Feb 17: Lev 14-15 Sep 25: Ezra 7-10 Feb 18: Lev 16-18 Sep 26: Neh 1-5 Feb 19: Lev 19-21 Sep 27: Neh 6-7 Feb 20: Lev 22-23 Sep 28: Neh 8-10 Feb 21: Lev 24-25 Sep 29: Neh 11-13; Ps 126 Feb 22: Lev 26-27 Sep 30: Malachi May 3: Ps 106-107 Oct 1: Luke 1; John 1:1-14 May 4: 2Sam 5:11-6:23: 1Chron 13-16 Oct 2: Matt 1; Luke 2:1-38 May 5: Ps 1-2/15/22-24/47/68 Oct 3: Matt 2; Luke 2:39-52 May 6: Ps 89/96/100-101/105/132 Oct 4: Matt 3; Mark 1; Luke 3 May 7: 2Sam 7; 1Chron 17 Oct 5: Matt 4; Luke 4-5; John 1:15-51 May 8: Ps 25/29/33/36/39 Oct 6: John 2-4 May 9: 2Sam 8-9; 1Chron 18 Oct 7: Mark 2 May 10: Ps 50/53/60/75 Oct 8: John 5 May 11: 2Sam10; 1Chron 19; Ps 20 Oct 9: Matt 12:1-21; Mark 3; Luke 6 May 12: Ps 65-67/69-70 Oct 10: Matt 5-7 May 13: 2Sam 11-12; 1Chron 20 Oct 11: Matt 8:1-13; Luke 7 May 14: Ps 32/51/86/122 Oct 12: Matt 11 May 15: 2Sam 13-15 Oct 13: Matt 12:22-50; Luke 11 May 16: Ps 3-4/12-13/28/55 Oct 14: Matt 13: Luke 8 May 17: 2Sam 16-18 Oct 15: Matt 8:14-34; Mark 4-5 May 18: Ps 26/40/58/61-62/64 Oct 16: Matt 9-10 May 19: 2Sam 19-21 Oct 17: Matt 14; Mark 6; Luke 9:1-17 May 20: Ps 5/38/41-42 Oct 18: John 6 May 21: 2Sam 22-23; Ps 57 Oct 19: Matt 15; Mark 7 May 22: Ps 95/97-99 Oct 20: Matt 16; Mark 8; Luke 9:18-27 May 23: 2Sam 24; 1Chron 21-22; Ps 30 Oct 21: Matt 17; Mark 9; Luke 9:28-62 May 24: Ps 108-110 Oct 22: Matt 18 May 25: 1Chron 23-25 Oct 23: John 7-8 May 26: Ps 131/138-139/143-145 Oct 24: John 9:1-10:21 May 27: 1Chron 26-29; Ps 127 May 28: Ps 111-118

Feb 23: Num 1-2 Jul 7: Jonah Feb 24: Num 3-4 Jul 8: 2King 15; 2Chron 26 Feb 25: Num 5-6 Jul 9: Is 1-4 Feb 26: Num 7 Jul 10: Is 5-8 Feb 27: Num 8-10 Jul 11: Amos 1-5 Feb 28/29: Num 11-13 Jul 12: Amos 6-9 Mar 1: Num 14-15; Ps 90 Jul 13: 2Chron 27; Is 9-12 Mar 2: Num 16-17 Jul 14: Micah Mar 3: Num 18-20 Jul 15: 2Chron 28; 2King 16-17 Mar 4: Num 21-22 Jul 16: Is 13-17 Mar 5: Num 23-25 Jul 17: Is 18-22 Mar 6: Num 26-27 Jul 18: Is 23-27 Mar 7: Num 28-30 Jul 19: 2King 18:1-8; 2Chron 29-31; Ps 48 Mar 8: Num 31-32 Jul 20: Hos 1-7 Mar 9: Num 33-34 Jul 21: Hos 8-14 Mar 10: Num 35-36 Jul 22: Is 28-30 Mar 11: Deut 1-2 Jul 23: Is 31-34 Mar 12: Deut 3-4 Jul 24: Is 35-36 Mar 13: Deut 5-7 Jul 25: Is 37-39; Ps 76 Mar 14: Deut 8-10 Jul 26: Is 40-43 Mar 15: Deut 11-13 Jul 27: Is 44-48 Mar 16: Deut 14-16 Jul 28: 2King 18:9-19:37; Ps 46/80/135 Jul 29: Is 49-53 Mar 17: Deut 17-20 Mar 18: Deut 21-23 Jul 30: Is 54-58 Mar 19: Deut 24-27 Jul 31: Is 59-63 Mar 20: Deut 28-29 Aug 1: Is 64-66 Mar 21: Deut 30-31 Aug 2: 2King 20-21 Mar 22: Deut 32-34; Ps 91 Aug 3: 2Chron 32-33 Mar 23: Josh 1-4 Aug 4: Nahum Mar 24: Josh 5-8 Aug 5: 2King 22-23; 2Chron 34-35 Mar 25: Josh 9-11 Aug 6: Zephaniah Mar 26: Josh 12-15 Aug 7: Jer 1-3 Mar 27: Josh 16-18 Aug 8: Jer 4-6 Mar 28: Josh 19-21 Aug 9: Jer 7-9 Mar 29: Josh 22-24 Aug 10: Jer 10-13 Mar 30: Jud 1-2 Aug 11: Jer 14-17 Mar 31: Jud 3-5 Aug 12: Jer 18-22 Apr 1: Jud 6-7 Aug 13: Jer 23-25 Apr 2: Jud 8-9 Aug 14: Jer 26-29 Aug 15: Jer 30-31 Apr 3: Jud 10-12 Apr 4: Jud 13-15 Aug 16: Jer 32-34 Apr 5: Jud 16-18 Aug 17: Jer 35-37 Aug 18: Jer 38-40; Ps 74/79 Apr 6: Jud 19-21 Aug 19: 2King 24-25; 2Chron 36 Apr 7: Ruth Apr 8: 1Sam 1-3 Aug 20: Habakkuk Apr 9: 1Sam 4-8 Aug 21: Jer 41-45 Aug 22: Jer 46-48 Apr 10: 1Sam 9-12 Apr 11: 1Sam 13-14 Aug 23: Jer 49-50 Apr 12: 1Sam 15-17 Aug 24: Jer 51-52 Apr 13: 1Sam 18-20; Ps 11/59 Aug 25: Lam 1:1-3:36 Aug 26: Lam 3:37-5:22 Apr 14: 1Sam 21-24 Apr 15: Ps 7/27/31/34/52 Aug 27: Ezek 1-4 Apr 16: Ps 56/120/140-142 Aug 28: Ezek 5-8 Aug 29: Ezek 9-12 Apr 17: 1Sam 25-27 Apr 18: Ps 17/35/54/63 Aug 30: Ezek 13-15 Aug 31: Ezek 16-17 Apr 19: 1Sam 28-31; Ps18 Apr 20: Ps 121/123-125/128-130 Sep 1: Ezek 18-19 Oct 25: Luke 10-11; John 10:22-42 Apr 21: 2Sam 1-4 Apr 22: Ps 6/8-10/14/16/19/21 Oct 26: Luke 12-13 Oct 27: Luke 14-15 Apr 23: 1Chron 1-2 Apr 24: Ps 43-45/49/84-85/87 Oct 28: Luke 16-17:10 Oct 29: John 11 Apr 25: 1Chron 3-5 Apr 26: Ps 73/77-78 Oct 30: Luke 17:11-18:14 Oct 31: Matt 19; Mark 10 Apr 27: 1Chron 6 Apr 28: Ps 81/88/92-93 Nov 1: Matt 20-21 Nov 2: Luke 18:15-19:48 Apr 29: 1Chron 7-10 Apr 30: Ps 102-104 Nov 3: Mark 11; John 12 May 1: 2Sam 5:1-10; 1Chron 11-12 Nov 4: Matt 22; Mark 12 May 2: Ps 133 Nov 5: Matt 23; Luke 20-21 Nov 6: Mark 13 Jun 25: 1King 15:1-24; 2Chron 13-16 Jun 26: 1King 15:25-16:34; 2Chron 17 Nov 7: Matt 24 Jun 27: 1King 17-19 Nov 8: Matt 25 Jun 28: 1King 20-21 Nov 9: Matt 26; Mark 14 Jun 29: 1King 22; 2Chron 18 Nov 10: Luke 22; John 13 Jun 30: 2Chron 19-23 Nov 11: John 14-17 Jul 1: Oba; Ps 82-83 Nov 12: Matt 27; Mark 15 Jul 2: 2King 1-4 Nov 13: Luke 23; John 18-19 Jul 3: 2King 5-8 Nov 14: Matt 28; Mark 16 Nov 15: Luke 24; John 20-21 Jul 4: 2King 9-11 Jul 5: 2King 12-13; 2Chron 24 Nov 16: Acts 1-3 Jul 6: 2King 14; 2Chron 25 Nov 17: Acts 4-6 Nov 18: Acts 7-8

Nov 19: Acts 9-10 Nov 20: Acts 11-12 Nov 21: Acts 13-14 Nov 22: James Nov 23: Acts 15-16 Nov 24: Gal 1-3 Nov 25: Gal 4-6 Nov 26: Acts 17-18:18 Nov 27: 1/2Thess Nov 28: Acts 18:19-19:41 Nov 29: 1Cor 1-4 Nov 30: 1Cor 5-8 Dec 1: 1Cor 9-11 Dec 2: 1Cor 12-14 Dec 3: 1Cor 15-16 Dec 4: 2Cor 1-4 Dec 5: 2Cor 5-9 Dec 6: 2Cor 10-13 Dec 7: Acts 20:1-3; Rom 1-3 Dec 8: Rom 4-7 Dec 9: Rom 8-10 Dec 10: Rom 11-13 Dec 11: Rom 14-16 Dec 12: Acts 20:4-23:35 Dec 13: Acts 24-26 Dec 14: Acts 27-28 Dec 15: Colossians; Philemon Dec 16: Ephesians Dec 17: Philippians Dec 18: 1 Timothy Dec 19: Titus Dec 20: 1 Peter Dec 21: Heb 1-6 Dec 22: Heb 7-10 Dec 23: Heb 11-13 Dec 24: 2 Timothy Dec 25: 2 Peter; Jude Dec 26: 1 John Dec 27: 2/3 John Dec 28: Rev 1-5 Dec 29: Rev 6-11 Dec 30: Rev 12-18 Dec 31: Rev 19-22