

# 12 Days of Faith, Food, U-Turns, Fitness & Accountability



Hello Everyone!

I want to congratulate you on our 90 days of Concentration, you have made it this far.

The month of January was about dedication and during week 3, we dedicated our bodies. This month we will go further into that and have a better understanding that not only do we dedicate our bodies but we must give them as a living sacrifice Romans 12:1.

Our Focus will be on Food, U-Turns, Fitness, and Accountability and this will be done by Faith.

You will find 24 verses for each day and there are a few that will be repeated. Our goal is to meditate on these verses daily to gain wisdom and guidance.

Talk with you soon.

# Transform your mindset with meditation

## DAY #1:

1 Corinthians 6:19-20

## DAY #2:

1 Timothy 4:8

## DAY #3:

1 Samuel 16:7

## DAY #9:

Psalms 139:14

## DAY #10:

Ephesians 2:10

## DAY #11:

Genesis 1:26-27

## DAY #16:

Proverbs 10:17

## DAY #17:

1 Corinthians 10:31

## DAY #18:

Romans 12:1

## DAY #23:

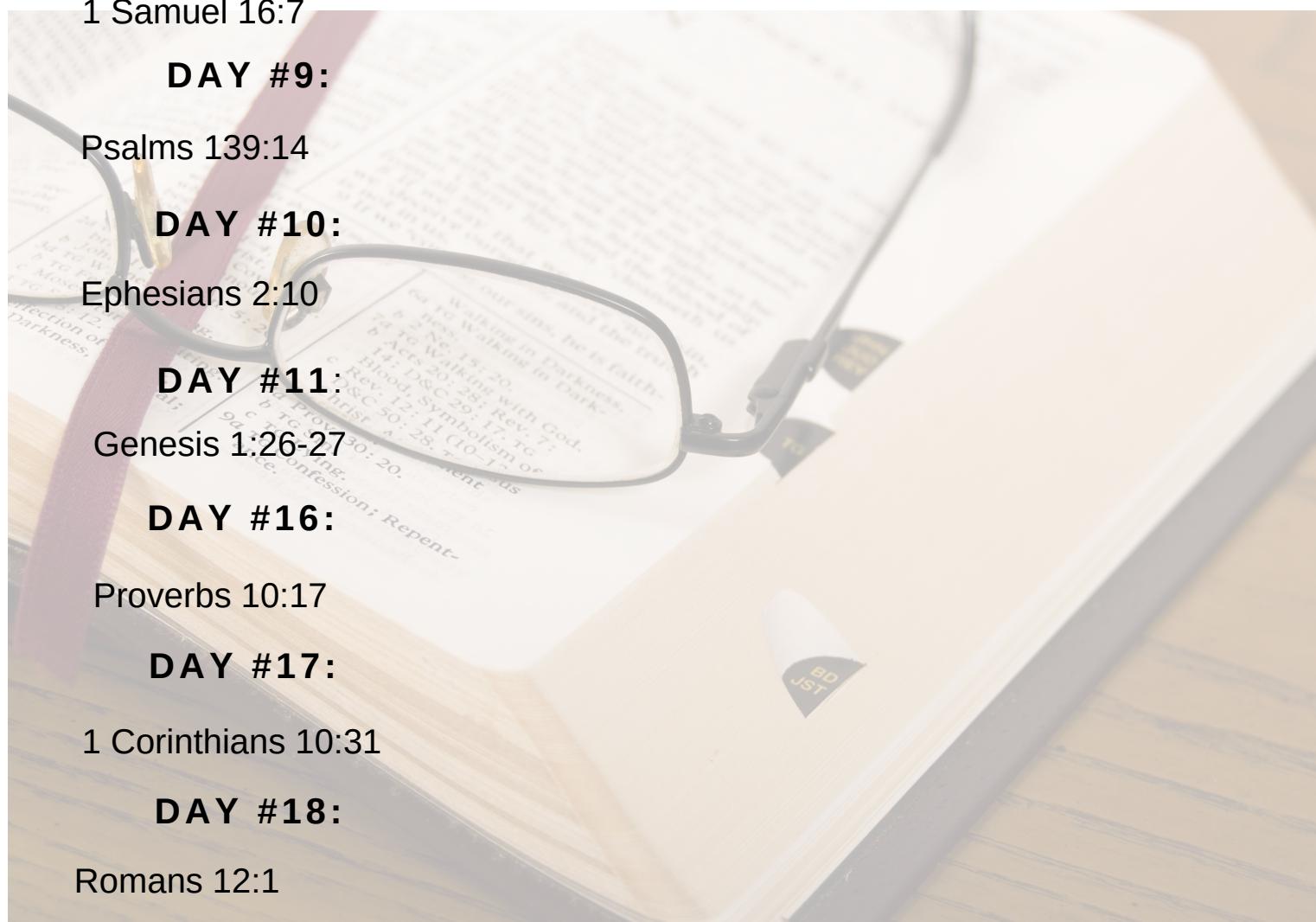
1 Corinthians 6:19-20

## DAY #24:

Ephesian 2:10

## DAY #25:

1 Timothy 4:8



Week 1-Grace allows for U-turns at times we may forget this. As you start with week-1 get off the off-ramp of Confession and acknowledge to God and yourself that you have not been taking care of your body.

Then take the overpass of Grace, and as you cross over remember by faith we have another chance to get it right. During the week we will take the on-ramp of Restoration and begin on the journey of a new way of living fulfilling our obligation to God of being a living sacrifice.

Week 2- Focus on Food, what we eat. We must remember that we are now on the path of restoration. Just because the food is good to you does not mean it is good for you. Some of us may use food as a stress reliever. It can make us sluggish by zapping our energy. God gave us foods to eat and if we listen we can hear our bodies telling us what it wants to eat. FOCUS and make every EFFORT to stay on course with DETERMINATION until it becomes EFFORTLESS.

Week 3- Focus on Fitness which is very important but It can feel taxing to some. We must make an effort to do something every day-walking, jogging, riding a bike, or using a treadmill. Get that heart pumping and the blood flowing.

Week 4-Focus on being Accountable. Some of us need people in our lives that will hold us accountable. Accountable to the things that matter, that is true, and to what we need to do in our lives. Ask Father to direct you to an accountability partner. Trust Him in this process, remembering to lean not to your own understanding, but in all your ways acknowledge Him and He SHALL direct your path.

We are starting a new journey: taking the off-ramp of Confession, traveling across the overpass of Grace, and taking the on-ramp of restoration-making a U-TURN. We have places to go, people to see, and Kingdom connections that need to made! You got this!

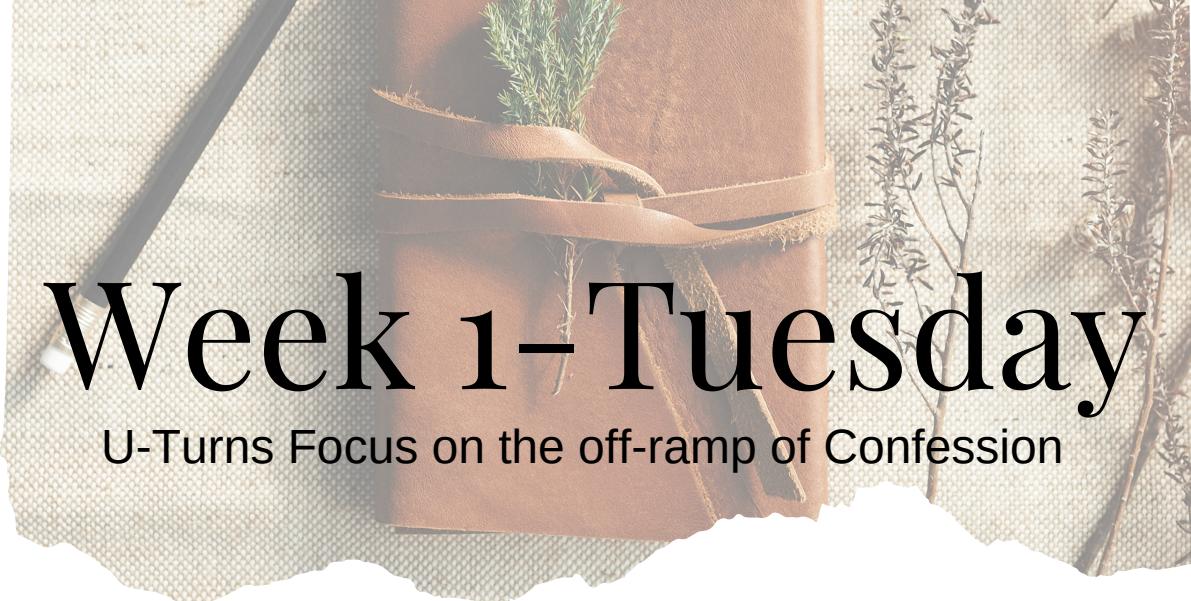


**"Trust in the Lord completely,  
and do not rely on your own opinions.**

**With all your heart rely on him to guide you,  
and he will lead you in every decision you make.**

**Become intimate with him in whatever you do,  
and he will lead you wherever you go."**

Proverbs  
3:5-6 (TPT)



# Week 1-Tuesday

U-Turns Focus on the off-ramp of Confession

# Week 1-Wednesday

U-Turns Focus on the overpass of Grace



# Week 1-Thursday

U-Turns Focus on the on-ramp of Restoration

# Week 2-Tuesday

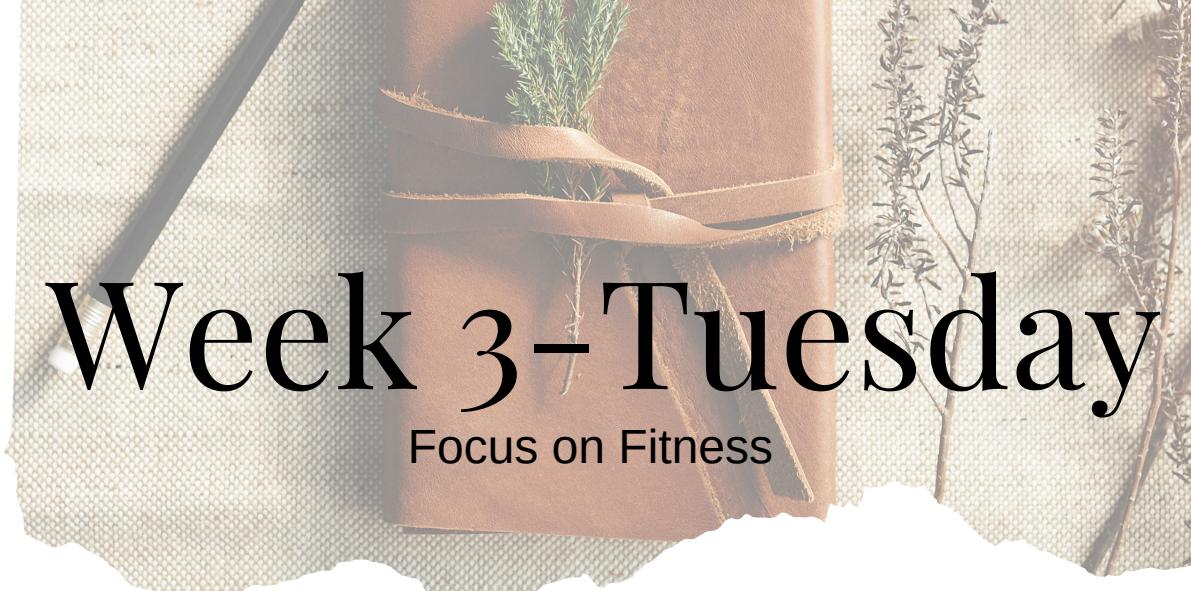
Focus on Foods I Eat

# Week 2-Wednesday

Focus on Foods I Eat

# Week 2-Thursday

Focus on Foods I Eat



# Week 3-Tuesday

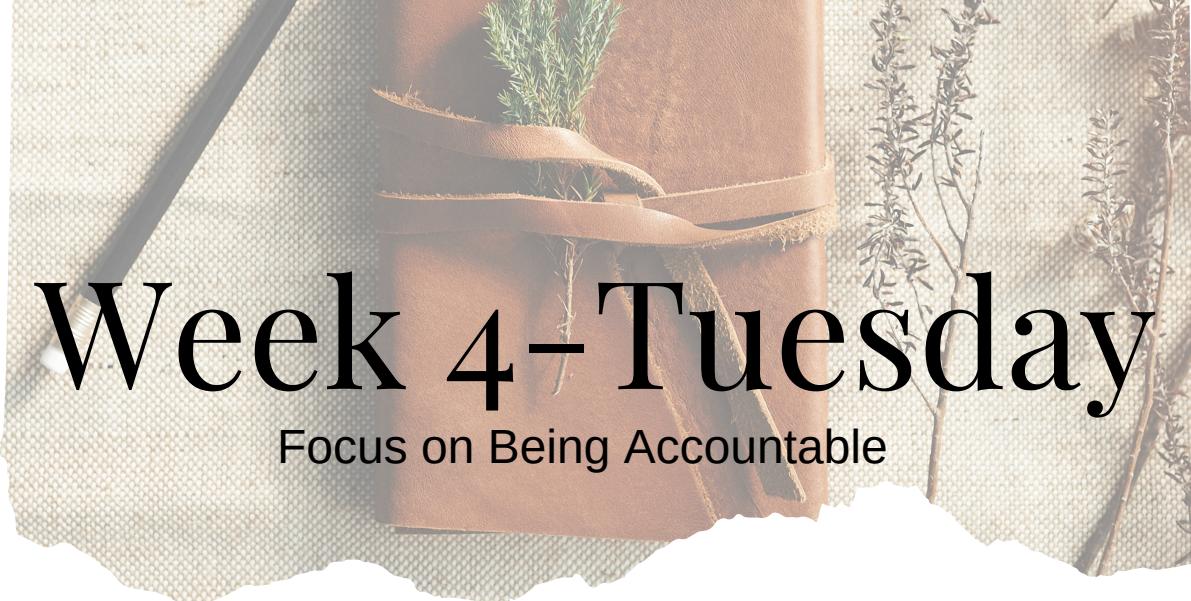
Focus on Fitness

# Week 3-Wednesday

Focus on Fitness

# Week 3-Thursday

Focus on Fitness

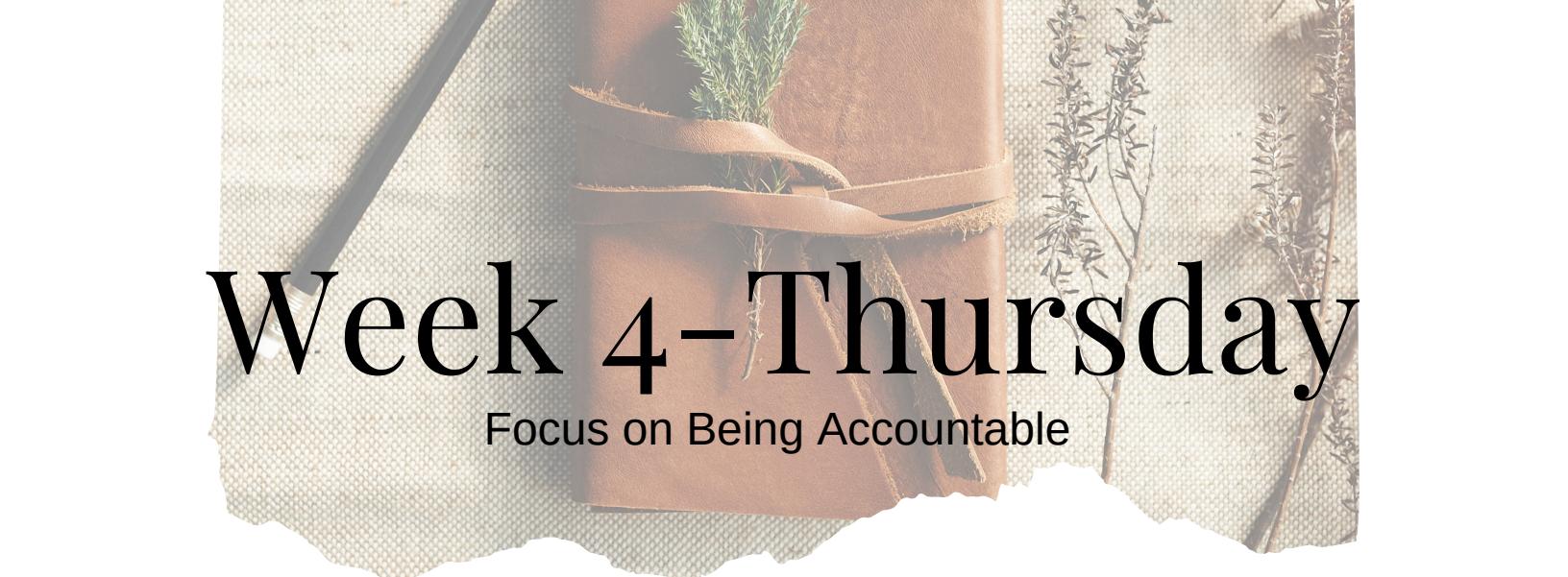


# Week 4-Tuesday

Focus on Being Accountable

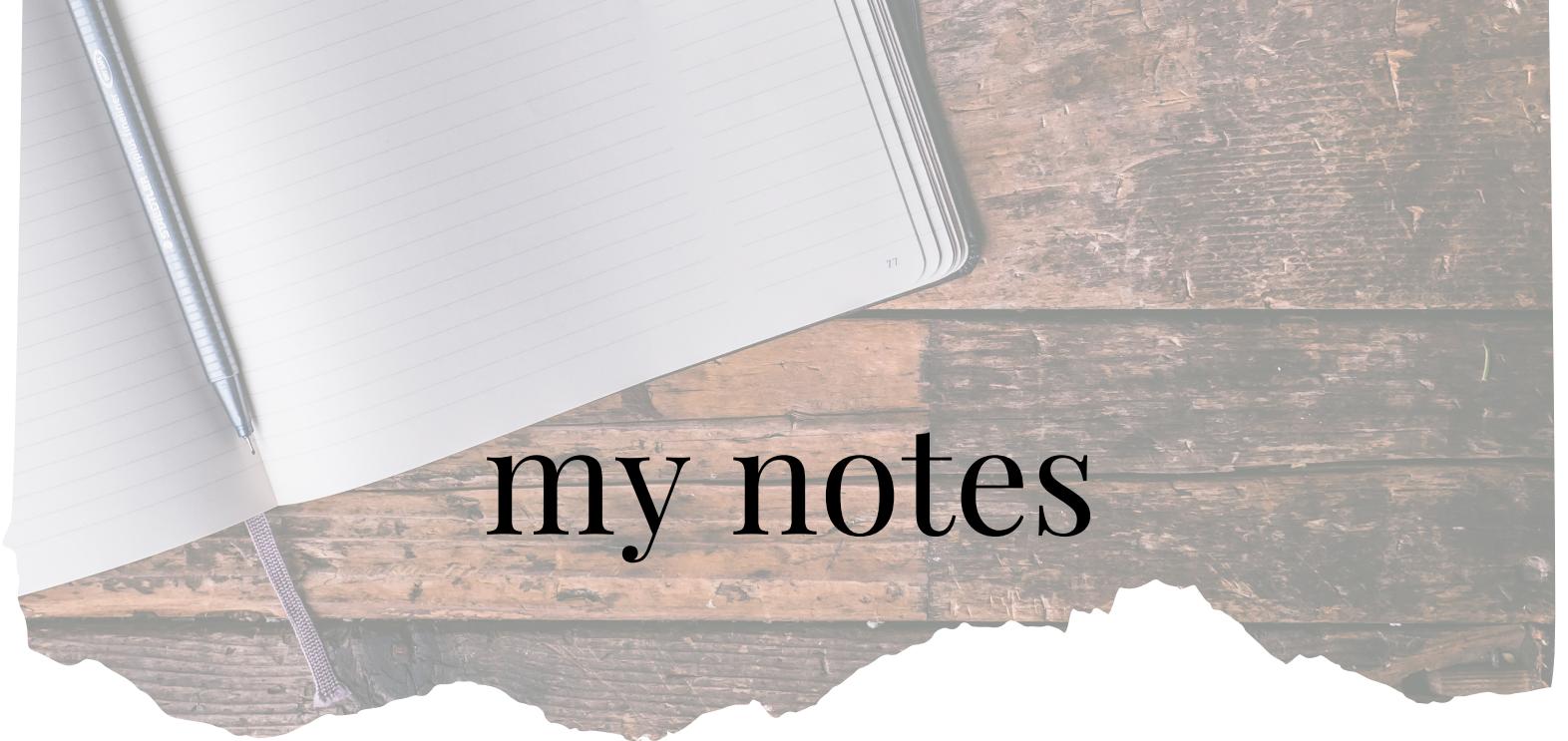
# Week 4-Wednesday

Focus on Being Accountable

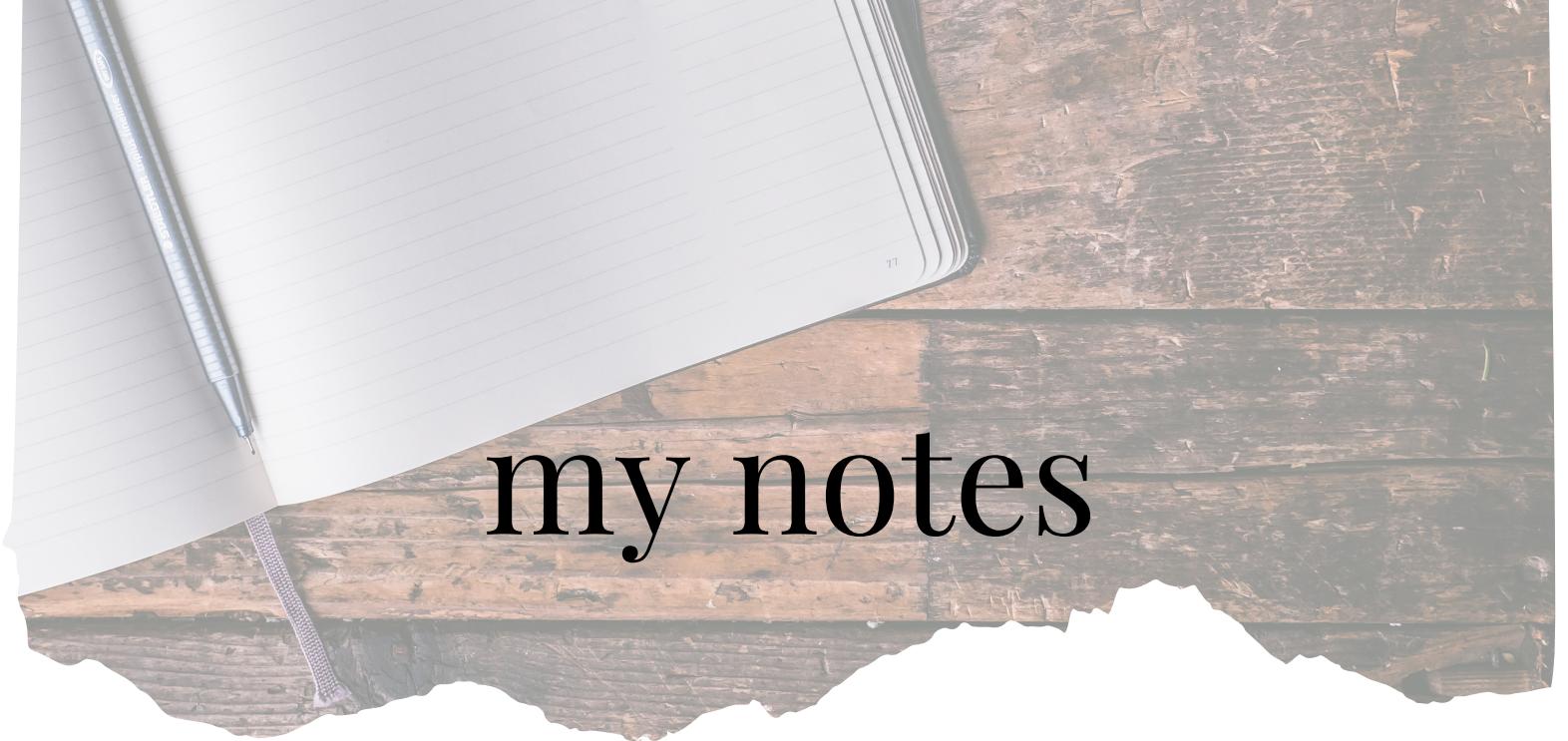


# Week 4-Thursday

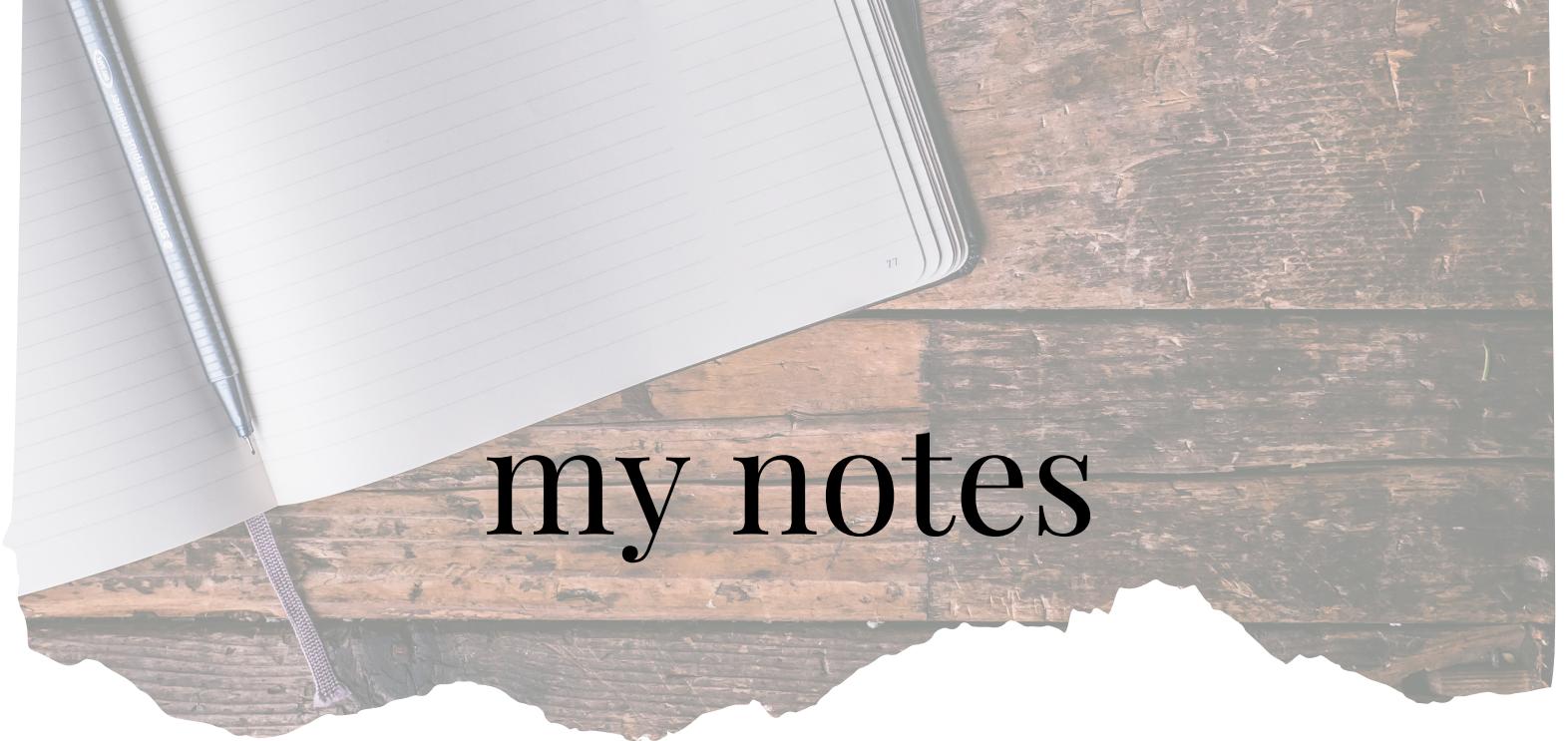
Focus on Being Accountable



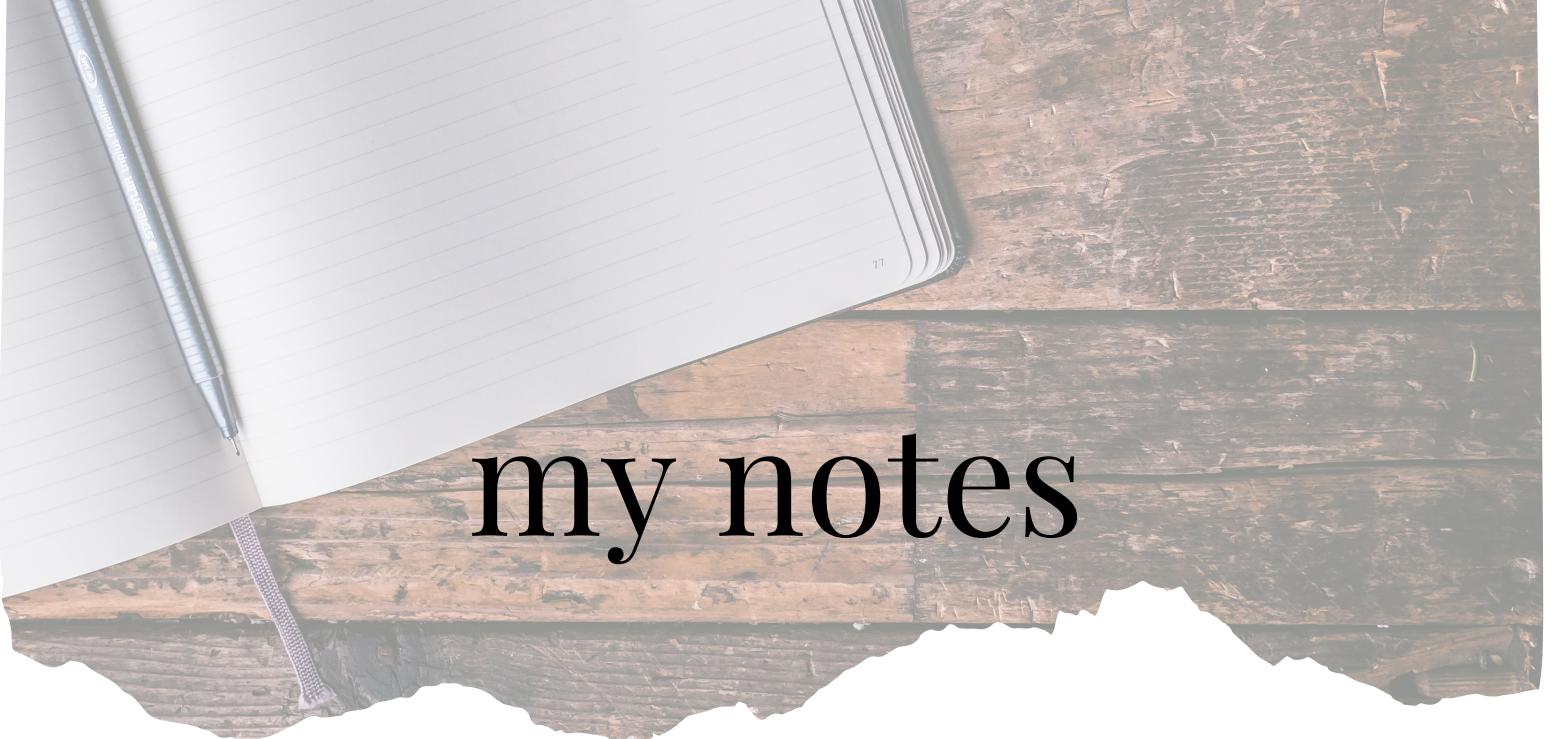
# my notes



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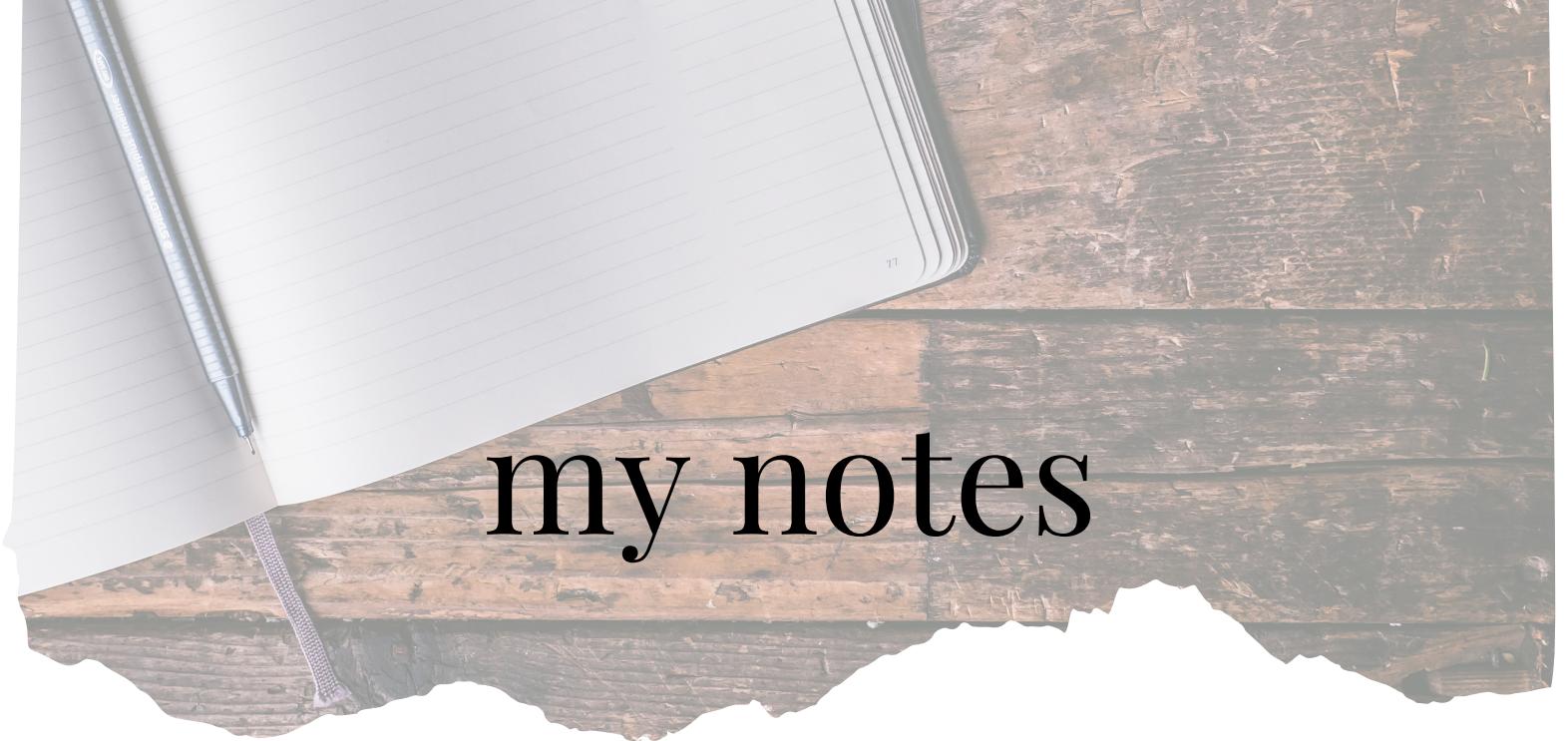
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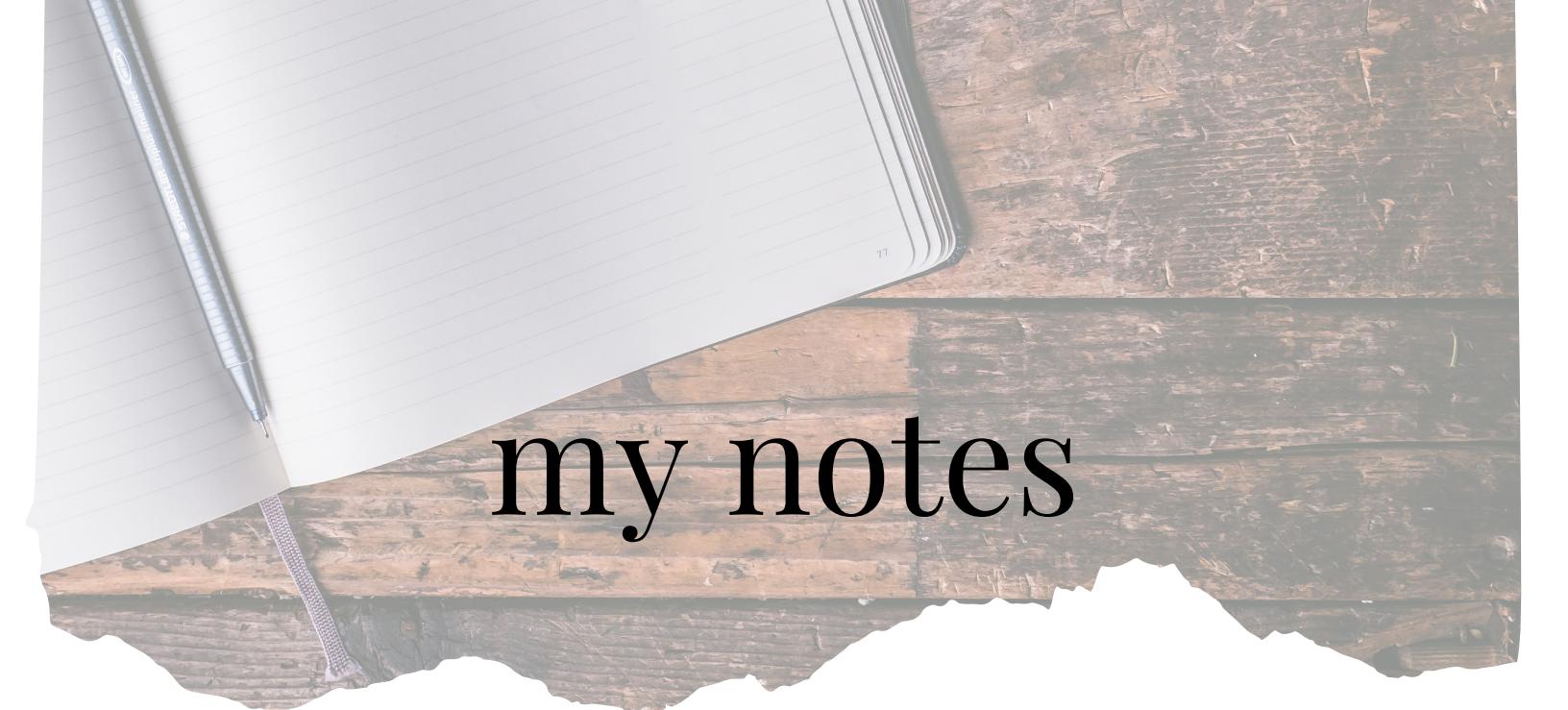
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# my notes



my notes

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