

SUN
DAY 1

Make a Date with God

Your relationship with God is the pattern for every other relationship. Spend time today in prayer and meditation. Center your attention on God's LOVE. Refrain from making requests. Keep this sacred date each day this week.

.....The.....

LOVE

21 DAYS

CHALLENGE

.....UP.....
.....CHURCH.....

Week 1 Me and God

Choose A Love Theme

MON
Day 2

Find a scripture or song that conveys your feeling of the LOVE of God. Listen to the song each day this week. This is your LOVE Theme Song.

My Love Intention:

And now faith, hope, and love abide, these three; and the greatest of these is love.
1 Corinthians 13:13

TUES
DAY 3

Write a Love Letter to God

Imagine your relationship with God is at its very highest level. Write your letter from this state of mind. Include in your letter how you feel about God, how you express your LOVE for God and how your LOVE of God affects your life.

WED
DAY 4

Walk With God

Take a walk with God. Let each step move you closer to a knowingness of oneness with God. Walk worthy of living a healthy, happy and prosperous life. Use an affirmation for centering, like: "I LOVE you. I apologize. Please forgive me. Thank you."

THURS
DAY 5

List 5 Things You Love About You

You are a unique and unrepeatable expression of God. List at least five things you LOVE about yourself. Try to include only non-physical qualities.

FRI
DAY 6

Speak Only Love To Yourself

Can you make it through an entire day without criticizing yourself? Challenge yourself to speak only words of LOVE to yourself. Begin the day affirming, "I am good through and through."

SAT
DAY 7

Write a Love Letter to Yourself

Imagine you only see the very best in you. No flaws. You are good through and through. In this state of mind, write a LOVE letter to yourself. Include how your LOVE of God affects how you LOVE yourself. See your highest vision for your life and write all about it.

Understanding Principles for Better Living Church

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