

Fervent still

21 DAY REFRESH + RESET

< All Notes



Jan 6th - Jan 27th

refresh & reset healthy habits w/the Lord

Spiritually grow as a Christ follower

- Rise early, commune with w/ Jesus the first hr of your day in prayer
- Say no to the social media mindless scroll
- Water before coffee or tea
- Take notes & write down revelations the Lord is showing you in the word/prayer
- One chapter of bible in the morning/night
- Worship & Praise
- Choose (2) fasting + prayer days

Healthy living & obedience

- Move body for at least 20 mins
- Nourish your body with healthy foods
- Swap out the junk + fast food sweets w/ unrefined sugar/whole treats
- Dedicate 1 day a week to an assignment the Lord has given you to do in this season

@creativeheartseek