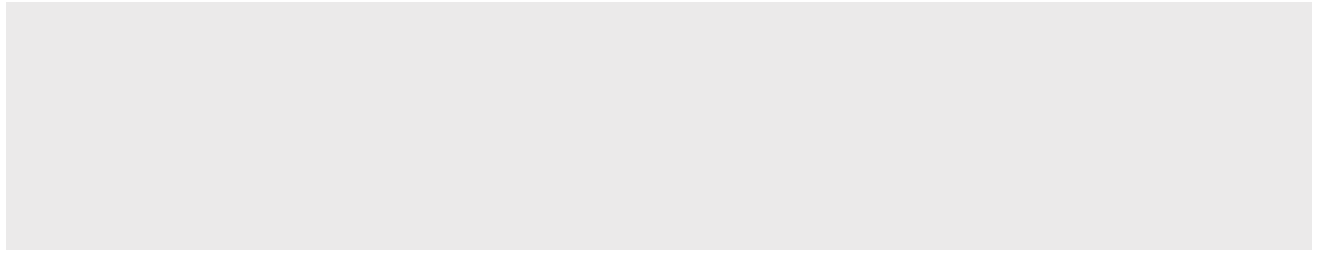


21 DAY

PRAYER & SELF-CARE FAST

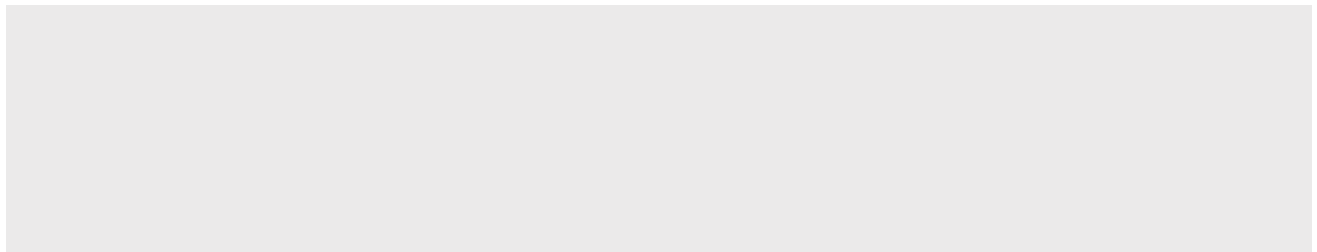


Day 1-Prayer Isaiah 33:5-6 God please fill where I lack.



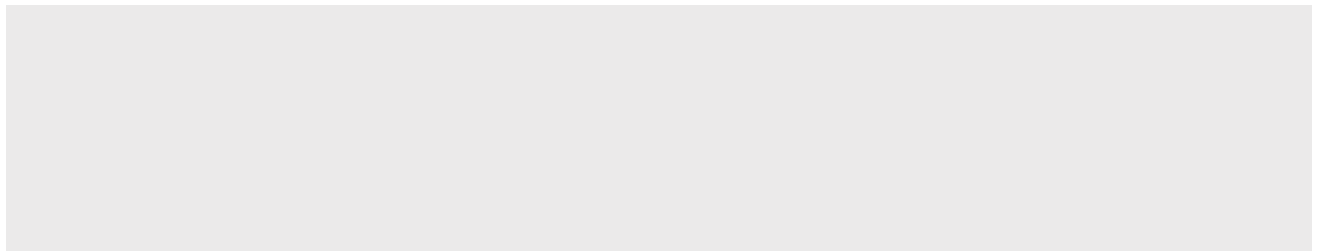
Self care: Walk outside (at least 10 minutes).

Day 2-Prayer Psalm 23 God prepare me a table



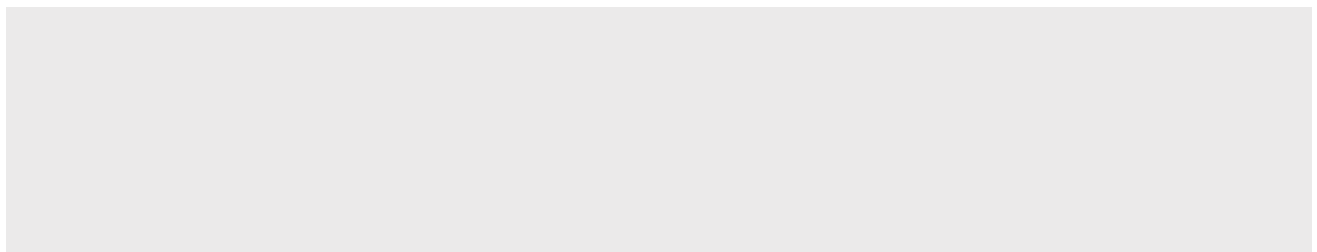
Self-care: Do a digital detox.

Day 3-Prayer Psalm 27 Lord teach me not to fear



Self-care: Try something new.

Day 4-Prayer Psalm 103 Lord prepare me to do great things



Self-care: Gift someone just because.

Day 5-Prayer Isaiah 35-Lord please remove obstacles

Self-care: Write a gratitude note.

Day 6-Prayer James 4 Lord save me from myself

Self-care: Write down everything that makes you happy.

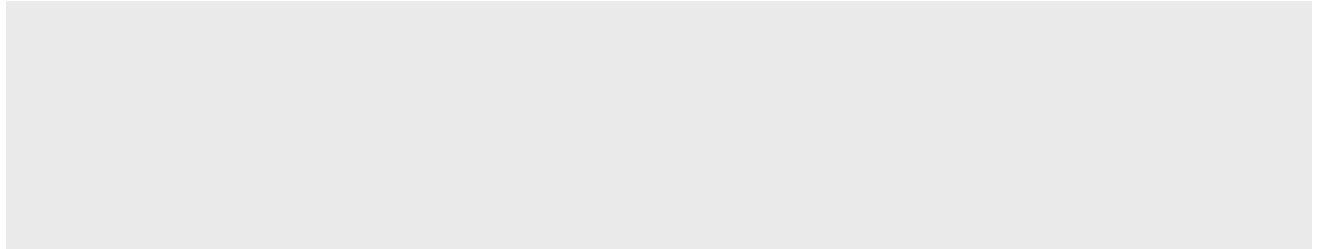
Day 7-Prayer John 6 Jesus is the Plug

Self-care: Do one thing from the happy list.

Day 8-Prayer Phil.4-13 God remind me to include you in all I do

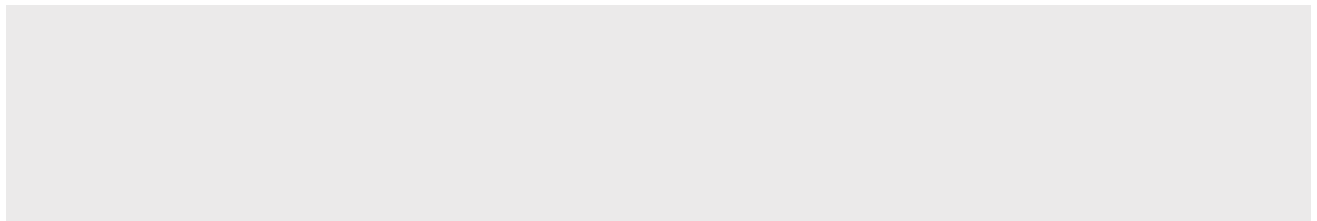
Self-care: Take time to breathe and simply BE.

Day 9-Prayer Phil.2- Lord teach me humility



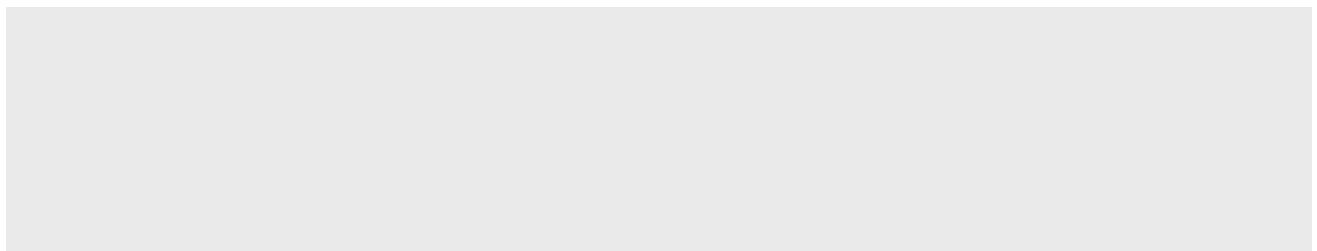
Self-care: Take a long hot bath with candles and wine.

Day 10-Phil 4:19-21 Lord teach me not to worry know you will supply all my needs.



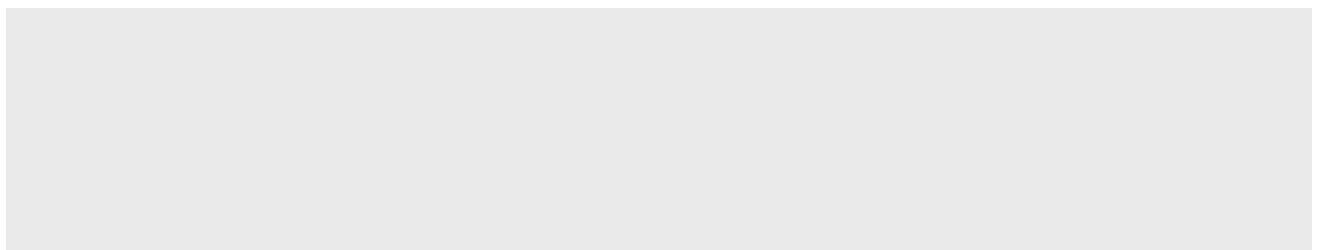
Self-care: Find your fave song and sing it to the top of your lungs.

Day 11-Psalm 37 Lord grant me the desires of my heart



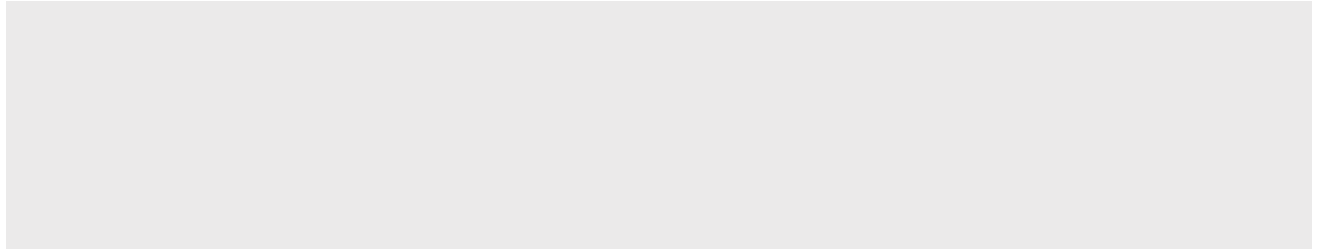
Self-care: Read several inspirational quotes.

Day 12-Psalm 46-Lord teach me how to be still



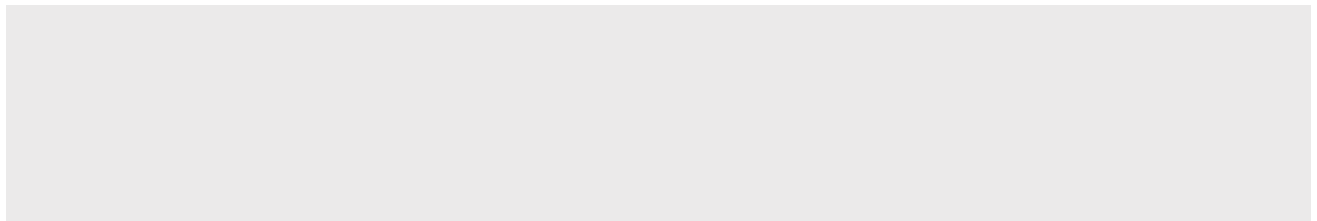
Self-care: Get dressed, make up, show up and take selfies.

Day 13-Psalm 55-Lord teach me to cast my cares on you



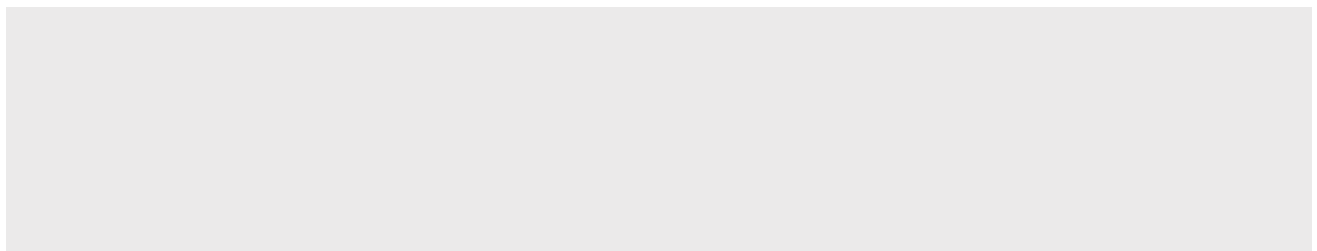
Self-care: Declutter and give stuff away to the less fortunate.

Day 14-Prov. 4:23 Lord help me to control my thoughts



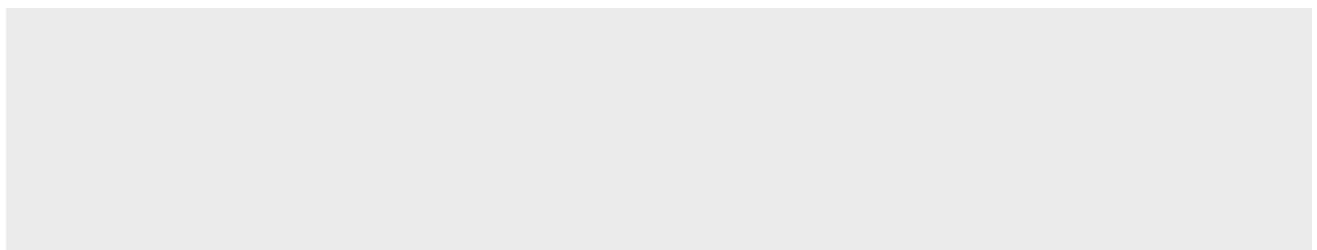
Self-care: Eat something new from a different restaurant.

Day 15-Prov. 13 Lord keep me away from fools



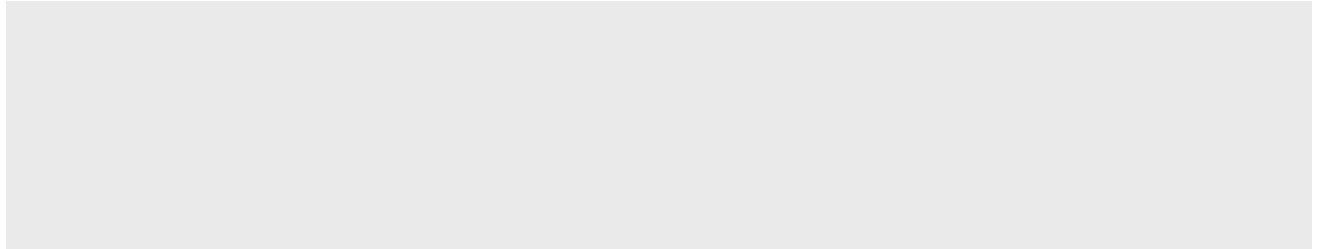
Self-care: Take a drive to nowhere.

Day 16-Romans 8-Lord I thank you for the joy that is to come



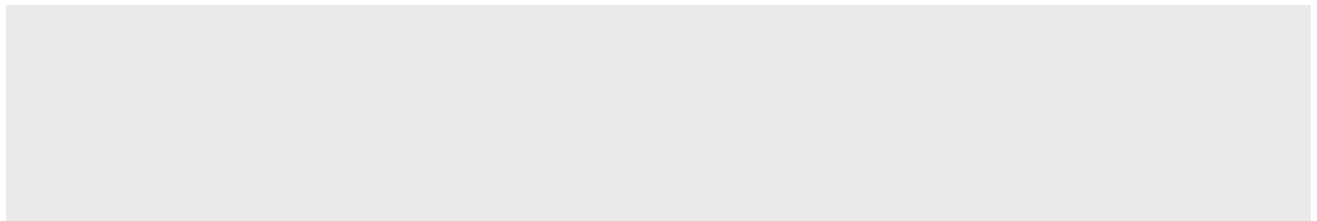
Self-care: Sit by water and feed the birds.

Day 17-Mark 11- Lord teach me to forgive



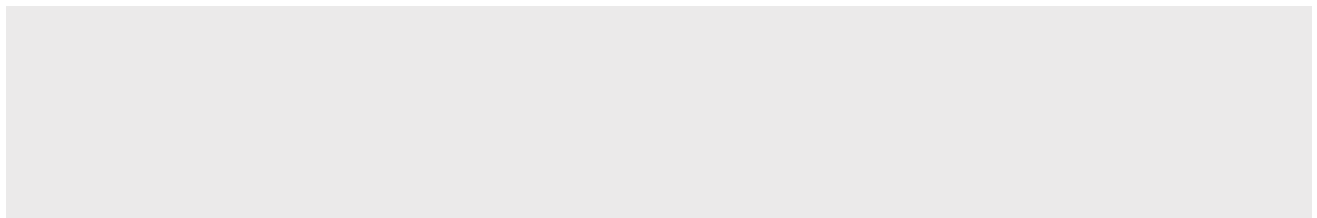
Self-care: Watch funny videos on YouTube or comedy station on Pandora.

Day 18-Matt.6-Lord increase my faith in order to eliminate stress



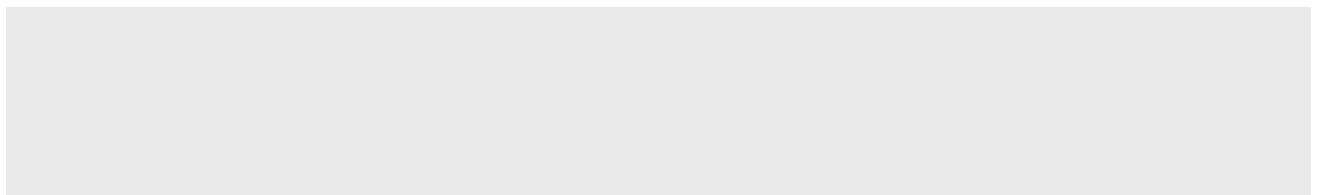
Self-care: Call and catch up with an old friend.

Day 19-Psalm 107:19-20 Lord I ask for healing for my mind, body and soul.



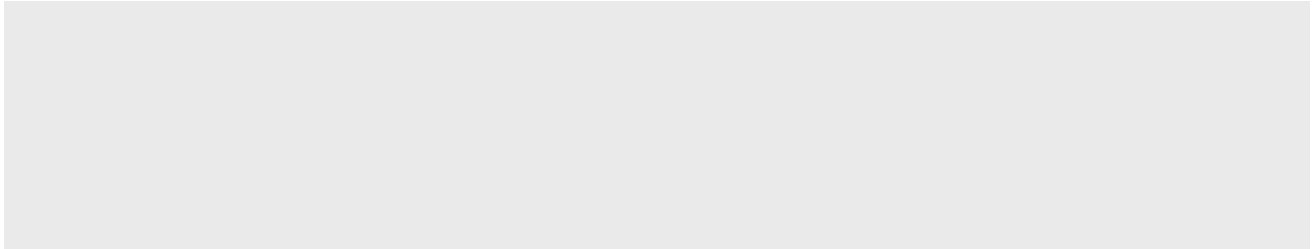
Self-care: Search the map and pin a place you've never been but would like to go and plan for it.

Day 20-Prov 3: God show me your way especially if it differs from mine.



Self-care: Take time to breathe and reflect.

Day 21-1 Peter 4-Lord teach me to be patient and wait on you



Self-care: You're done! Treat yourself to your favorite dessert!!

Remember: Pray, eat what you need and what you like (but don't overdo it 😊)..drink plenty water, exercise @ least 30 minutes a day at least 3-4 days a week, meditate, live, laugh and BREATHE!!