



GOD *is* ENOUGH

21 DAYS OF DEDICATION

A Guided Journal



Contents

Introduction	5
Guide	9
Summary	16
How to Use	17
Day 1	
Psalm 16	20
Day 2	
Matthew 6	26
Day 3	
Psalm 23	32
Day 4	
John 6	38
Day 5	
Psalm 31	44
Day 6	
1 Corinthians 8	50
Day 7	
Psalm 37	56
Day 8	
Ephesians 1	62
Day 9	
Psalm 62	68
Day 10	
Ephesians 3	74

Day 11	
Psalm 65	80
Day 12	
Philippians 4	86
Day 13	
Psalm 68	92
Day 14	
Colossians 1	98
Day 15	
Psalm 103	104
Day 16	
James 1	110
Day 17	
Psalm 107	116
Day 18	
1 Timothy 6	122
Day 19	
Psalm 115	128
Day 20	
2 Peter 1	134
Day 21	
Psalm 121	140





Introduction

God Is Enough

When I reflect on the priorities in life, a few key elements consistently surface: God, family, marriage, friendship, health, and provision. If we want to be successful and complete, how should we order these things? I heard Pastor Rick Bezet, when he was visiting our church as a guest speaker, recently share a perspective that offered a profound shift in understanding. He proposed that rather than focusing on a linear order of our priorities, the essence lies in placing God at the center of everything.

This is not a new idea, but it is one we need to hear repeatedly because life has a way of screaming for our attention. This is found in the words of Jesus and throughout scripture:

- **Matthew 6:33 (New International Version)**

“But seek first His kingdom and His righteousness, and all these things will be given to you as well.”

- **John 14:6-8 (New International Version)**

“Jesus answered, ‘I am the Way and the Truth and the Life. No one comes to the Father except through Me. If you really know Me, you will know My Father as well. From now on, you do know Him and have seen Him. Philip said, ‘Lord, show us the Father and that will be enough for us.’”

This idea has reshaped my approach to life. By positioning God as the core, the alignment of all other aspects seems to naturally follow. It's as if acknowledging God as my source—knowing He is sufficient—creates a flow where everything else falls into place naturally by His supernatural grace. This concept transforms the pursuit from chasing individual needs to living out of an abundant, divine source.

With God being central, He infuses joy and vitality into every facet of our existence. He becomes not just a part, but the ultimate source from which family, marriage, friendships, health, and provision draw their strength. This perspective doesn't just reorder my life; it redefines it.

Imagine your life like a wheel with God as the hub. The spokes of the wheel...like family, marriage, friendships, your well-being, and your livelihood radiate out from Him. When God is at the heart, at the center, it's not about which spoke is longer or which one you pay attention to first...it's about Him energizing all of the spokes, bringing joy and life into each part of your day.

This way of seeing things is liberating. It's like saying, "God, You're my everything. You're my source." From Him, I draw the energy to love my family, cherish my marriage, value my friends, take care of myself, and trust that I'll have what I need. It's not about a rigid order but a dynamic journey where God leads, and I follow. It's about living from a place of fullness, knowing that with Him, I've got all I need to face whatever comes my way.

Over the next 21 days, we are seeking God as our source.

Our vision this year is “God is Enough.”

To achieve this, we will be reading the Bible, journaling, praying, reflecting, and asking God how to put Him first in all areas.

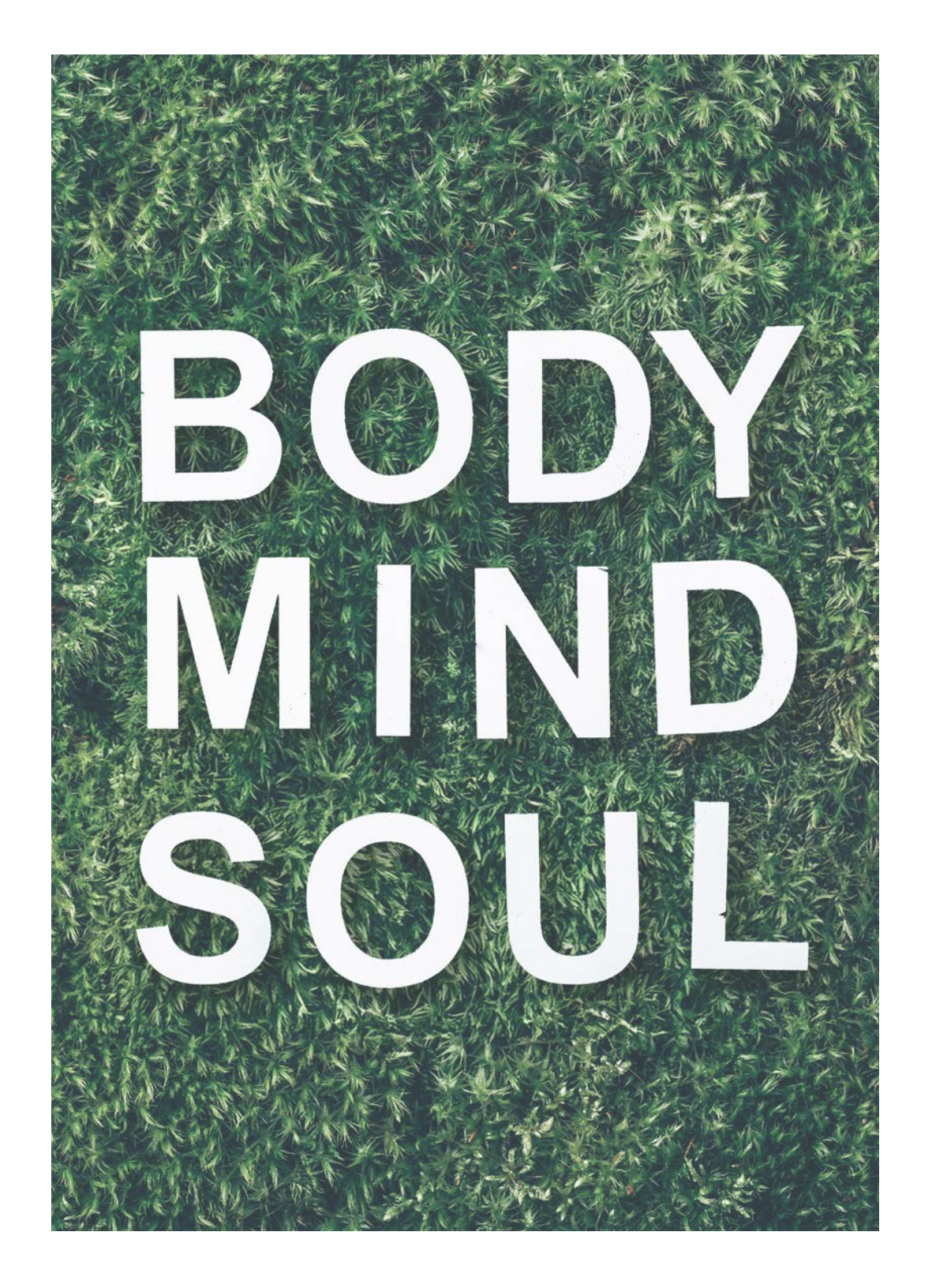
Normally, we call this a 21-day fast, but this year, we are moving our fast to the time of year that leads up to Easter. It’s a new day, and we feel led by the Spirit to do something new.

Instead of a fast, we are calling this time “a dedication” of our body, mind and soul to God.

Thank you for joining us on this journey.

Sincerely,

Matt Stallbaum

A dense, vibrant green moss background with the text "BODY MIND SOUL" overlaid in large white letters. The moss is a rich, varied green, with some lighter and darker patches, creating a textured, natural feel. The text is centered and arranged in three lines, with each word on a separate line. The letters are bold and sans-serif, with a slight shadow or drop effect that makes them stand out against the busy background.

BODY
MIND
SOUL

Guide to Dedicating Your Body, Mind, and Soul to God

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. - Colossians 3:17 (NIV)

In the journey of spiritual growth, instead of traditional fasting, we're inviting you to dedicate your entire being to God. This isn't just about abstaining; it's about actively resetting your behaviors and aligning them with divine intentions. Here's how you can do that:

Take time over these 21 days to make a plan and implement this new plan.

Body: A Temple Dedicated to God

- 1. Sleep:** Ask God, "How much rest do I truly need to serve You best?" Aim for quality sleep. Adjust your bedtime to ensure you're waking up refreshed.



"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep." - Psalm 127:2

- 2. Nutrition:** Dedicate your eating habits to God. “God, how do I nourish my body for Your glory?” Cut down on ultra-processed foods. Opt for whole, unprocessed foods that fuel your body.

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” - 1 Corinthians 10:31

- 3. Exercise:** Movement is a gift. “God, how can I move in a way that honors You?” Whether it’s walking, weight training, or any sport, find an activity you love and commit to it.

“Inactivity is the killer, and the creator of the greatest evil.” - Leonardo da Vinci

- 4. Nature:** Spend time outdoors. “Lord, show me the beauty of Your creation.” Whether it’s a walk in the park or gardening, reconnect with nature.

“The heavens declare the glory of God, and the sky above proclaims His handiwork.” - Psalm 19:1

- 5. Chemical Reduction:** “God, how can I keep my temple pure?” Reduce exposure to unnecessary chemicals in your food, water, and products.

“Your body is a temple, but only if you treat it as one.”
- Jack LaLanne

- 6. Expert Advice:** “Who knows what I don’t know?” Consult with a qualified professional to change all these things to set you up for success.

“For lack of guidance a nation falls, but victory is won through many advisers.” Proverbs 11:14

Mind: Renewing Your Mind in Christ



- 1. Reading:** Challenge yourself with new books, especially those that inspire growth and faith. “God, guide my reading to grow closer to You.”
“Reading is to the mind what exercise is to the body.” - Joseph Addison
- 2. Digital Detox:** “Lord, help me find balance.” Reduce screen time. Avoid binge-watching. Use technology intentionally.
“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” - Romans 12:2
- 3. Creativity:** Engage in activities that stimulate your mind. “God, let me create in ways that reflect Your creativity.” Pick up an instrument, paint, write, or craft.
“Creativity is intelligence having fun.” - Albert Einstein
- 4. Learning:** Continuously learn. “God, what new skill can I learn to honor You?” Whether it’s a language, a hobby, or a new skill set.
“Wisdom will come into your heart, and knowledge will be pleasant to your soul.” - Proverbs 2:10
- 5. Mindfulness:** “Lord, teach me to be present with You.” Practice mindful prayer, meditation on scripture, and deep breathing exercises.
“Be still, and know that I am God.” - Psalm 46:10
- 6. Finances:** “Give. Save. Live.” Go over your finances.

A. Tithe.

B. Budget to maximize what you have and seek out new ways of provision.

C. Shop out insurance and bills to see if you can save money.

“Honor the Lord with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.” - Proverbs 3:9-10

Soul: Deepening Your Connection

1. **Scripture:** Dive into God’s Word daily. “Lord, speak to me through Your scriptures.” Make reading the Bible a non-negotiable part of your day.



“Your word is a lamp to my feet and a light to my path.” - Psalm 119:105

2. **Prayer:** “God, let my prayers be a conversation with You.” Spend time in prayer, not just asking but listening.

“To be a Christian without prayer is no more possible than to be alive without breathing.”
- Martin Luther King Jr.

3. **Relationships:** “Lord, who should I surround myself with?” Spend quality time with those who uplift and encourage your faith. Be discerning about toxic relationships.

“Do not be misled: ‘Bad company corrupts good character.’” - 1 Corinthians 15:33

4. **Reflection:** Slow down. “God, show me what to keep and what to let go.” Evaluate your life seasonally, ensuring your

priorities align with His will.

“Simplicity is the ultimate sophistication.”
- Leonardo da Vinci

- 5. Service:** “How can I serve You, Lord?” Find ways to serve others, reflecting God’s love through your actions.

“For even the Son of Man came not to be served but to serve, and to give His life as a ransom for many.”
- Mark 10:45

- 6. Gather:** “God, how can I spend more time with people that love You?” Attend church, prayer meetings, small groups, and worship together.

“Not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching.”
- Hebrews 10:25

This guide isn’t about perfection but about progress. It’s about starting the year off in the right direction. Dedicating your body, mind, and soul to God is a daily choice—a continuous commitment. It involves asking God to guide every aspect of your life, from the food you eat to the thoughts you entertain and the relationships you nurture. Let’s journey together this year with God at the center of everything, for He is the source of life.

Summary



Body

A temple dedicated to God.



Mind

Renewing your mind in Christ.



Soul

Deepening your connection.

Use the next section create a plan for dedicating your whole being to God. Over the next 21 days, take time to reflect, journal, and prayerfully live out the plan you have crafted.

Read Psalm 16

Write Scripture: Psalm 16:2 (NIV)

I say to the Lord, "You are my Lord; apart from you I have no good thing.

I say to the Lord, "You are my Lord; apart from you I have no good thing.

Focus: Help me today to stay focused on you.

How to Use

Write a Letter to God

Dear God,
It's been a struggle lately. I feel so
distracted. When I try to spend time
with You, I find myself drawn to other
things like work, the news, and various
distractions. I realize it's not just me; I
see so many people around me consumed
by their phones and digital devices. It
seems like we're all consumed by what we
consume. This is dividing my attention away
from You and the people I love. God, help
me to seek You first, and let this devotion
flow out to those around me. Forgive me
for letting my eyes, my feelings, and my
hurts lead me to seek things that are not
good for me. These things might feel good
in the moment but ultimately leave me
empty and hurting.

Your son,
Matt

Read & Reflect

God, as our Creator, has knowledge of what we are and of what we need to make life fully worthwhile. And surely He must also know that we cannot find real happiness in any achievement or possession which denies our soul's real desire, which is to know God, and be known of God, who is the source of all real joy.

A.W. Tozer

Reflection Notes

Somewhere in the mystery of
the desires of my heart and Your
desires for me lies a wonderful
plan and purpose. As I turn my
heart towards You, please lead me
in that direction.

What is something you are thankful for from the last 24 hours?

I'm so thankful for playing pickleball with my friends and family.

What is good in your life?

Home, dog, church, wife, and kids.

What is hard in your life?

I struggle with intrusive thoughts.

What are you praying for?

Personal: Mind, my family, and to beat my friends at pickleball.

Your Church: The Journal to make a real impact in people.

The World: Our nation to be led by You.

How to Use



Scan the QR code for more details.

Daily Dedications:

I dedicate my body to You, Lord.

Write some goals and reflections to help you stay on track...

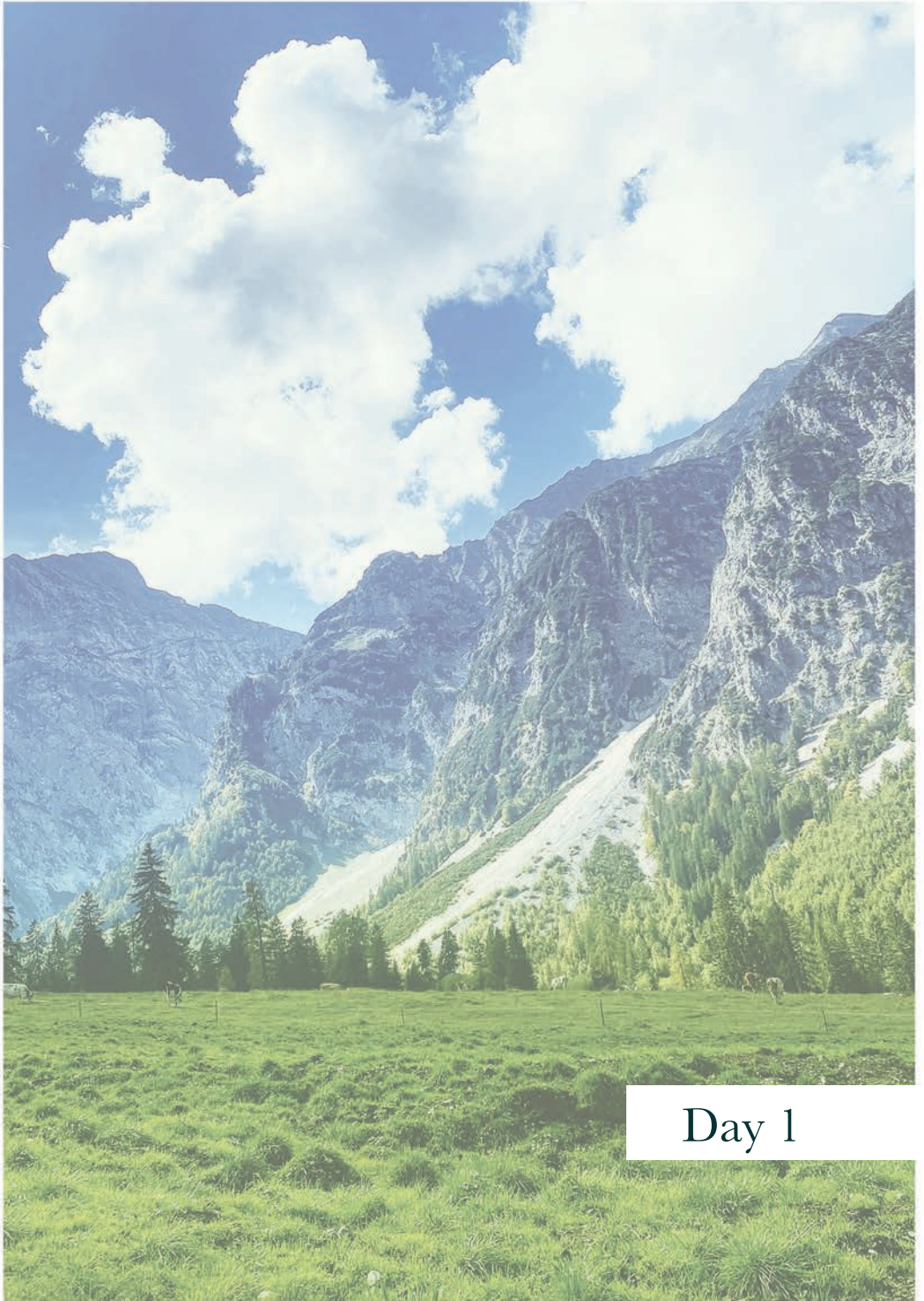
To eat more whole organic, unprocessed foods.

To eat dinner with my family.

I dedicate my security to You, Lord.

Write some goals and reflections to help you stay on track...

To not be insecure and defensive when corrected or criticized, but to calmly and securely explain my point of view.



Day 1

Read Psalm 16

Write Scripture: Psalm 16:2 (NIV)

I say to the Lord, "You are my Lord; apart from you I have no good thing.

Focus: Help me today to stay focused on you.

Read & Reflect

God, as our Creator, has knowledge of what we are and of what we need to make life fully worthwhile. And surely He must also know that we cannot find real happiness in any achievement or possession which denies our soul's real desire, which is to know God, and be known of God, who is the source of all real joy.

A.W. Tozer

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

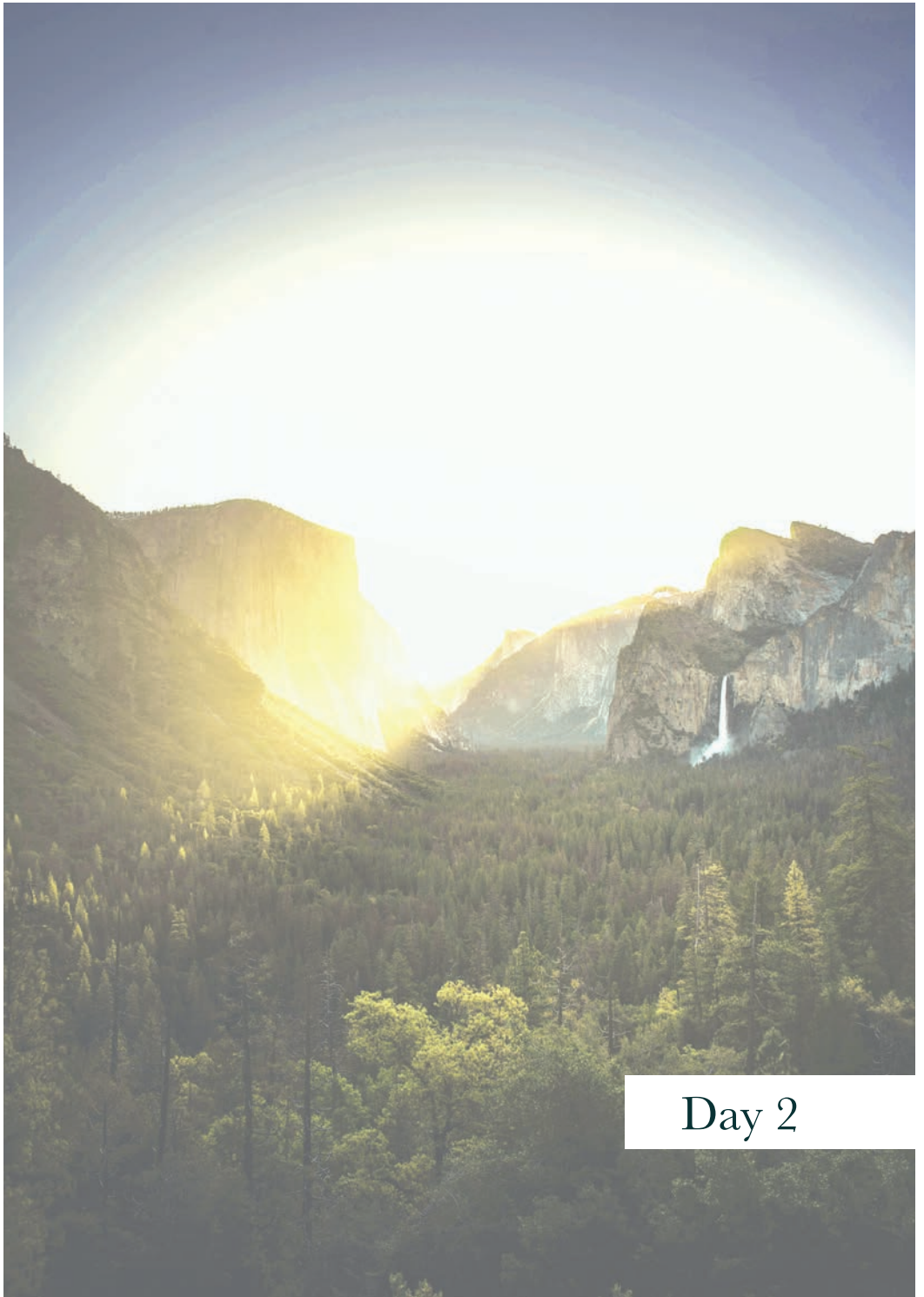
Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 2

Read Matthew 6

Write Scripture: Matthew 6:33 (NKJV)

*But seek first the kingdom of God and His
righteousness, and all these things shall be added to
you.*

**Focus: Lord, clear out the distractions and
let me see You in everything.**

Read & Reflect

The greatest need in the world today is for men and women who are not afraid to let God be God.

commonly attributed to Leonard Ravenhill

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

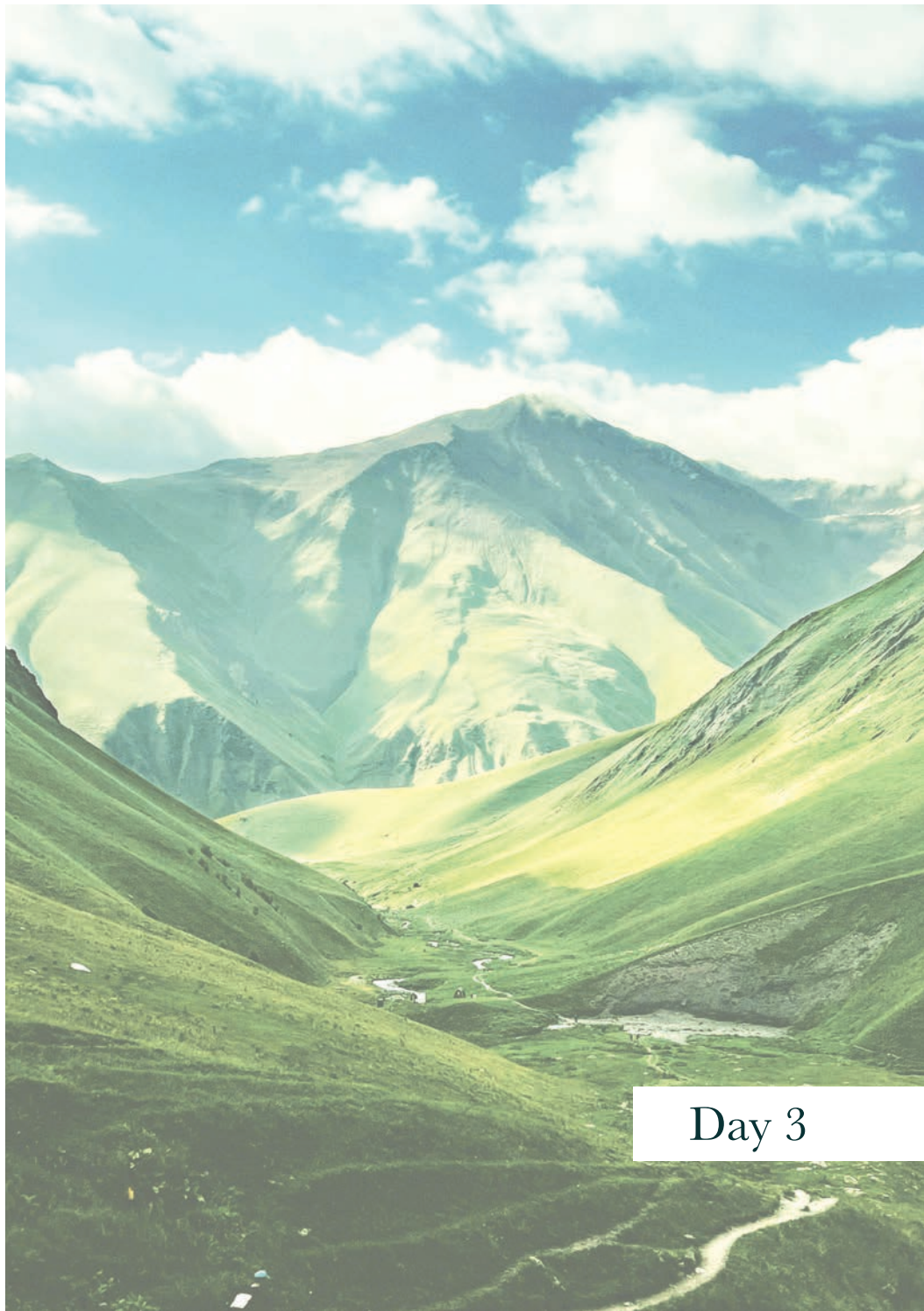
Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 3

Read Psalm 23

Write Scripture: Psalm 23:1 (AMPC)

THE Lord is my Shepherd [to feed, guide, and shield me], I shall not lack.

Focus: I will not fear because God is my provider and protector.

Read & Reflect

God is always trying to give good things to us, but our hands are too full to receive them.

St. Augustine of Hippo

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 4

Read John 6

Write Scripture: John 6:35 (NLT)

Jesus replied, “I am the bread of life. Whoever comes to Me will never be hungry again. Whoever believes in Me will never be thirsty.”

Focus: My desire for God will fill my hungry soul.

Read & Reflect

*Hallelujah! I have found Him
Whom my soul so long has
craved! Jesus satisfies my
longings; Through His life I now
am saved.*

Clara Tear Williams

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 5

Read Psalm 31

Write Scripture: Psalm 31:19 (NKJV)

*Oh, how great is Your goodness,
Which You have laid up for those who fear You,
Which You have prepared for those who trust in You
In the presence of the sons of men!*

Focus: Today I will access the deep reserves of God's grace and blessings.

Read & Reflect

God's mercy is so great that you may sooner drain the sea of its water, or deprive the sun of its light, or make space too narrow, than diminish the great mercy of God.

Charles Spurgeon

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 6

Read 1 Corinthians 8

Write Scripture: 1 Corinthians 8:6 (AMP)

Yet for us there is but one God, the Father, who is the source of all things, and we exist for Him; and one Lord, Jesus Christ, by whom are all things [that have been created], and we [believers exist and have life and have been redeemed] through Him.

Focus: Lord, purify my mind, body, and soul and refresh me from Your pure source of life.

Read & Reflect

God is the source of all life, all light, all love; He is the only source of all that is truly good and beautiful.

commonly attributed to Dietrich Bonhoeffer

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 7

Read Psalm 37

Write Scripture: Psalm 37:4 (NKJV)

*Delight yourself also in the Lord, and He shall
give you the desires of your heart.*

***Focus:* Lord, let the distractions of the world disappear as I put my attention and heart towards You.**

Read & Reflect

*The deepest needs of the human
heart are found in communion
with God.*

commonly attributed to Billy Graham

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 8

Read Ephesians 1

Write Scripture: Ephesians 1:3 (NKJV)

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ...

***Focus:* Heavenly Father, let me see the depth of the power of the Holy Spirit in my life.**

Read & Reflect

*Come Thou Fount of every blessing,
tune my heart to sing Thy grace,
streams of mercy, never ceasing,
Call for songs of loudest praise.*

Robert Robinson

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

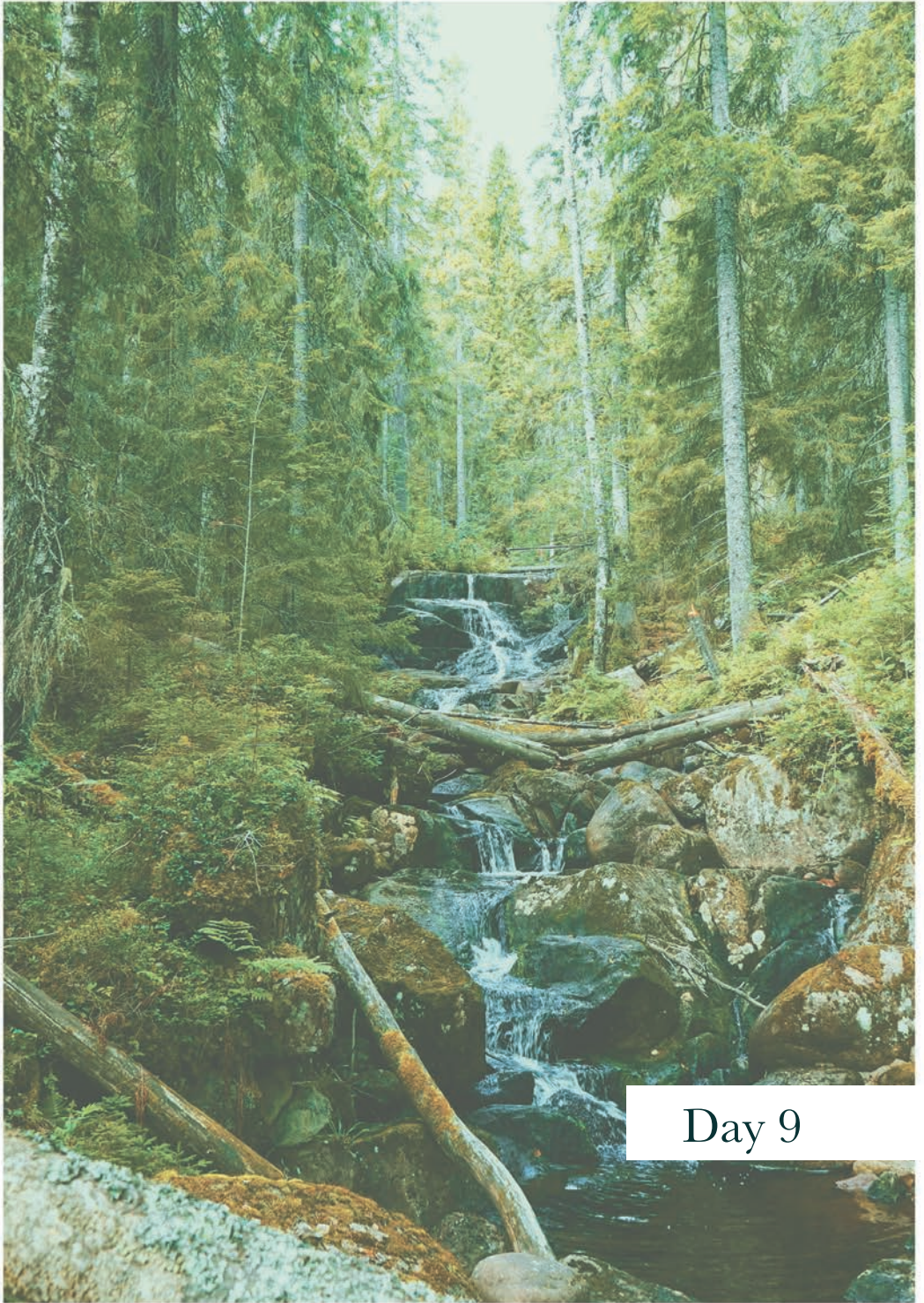
Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 9

Read Psalm 62

Write Scripture: Psalm 62:5 (NIV)

*Yes, my soul, find rest in God; my hope comes from
Him.*

Focus: My soul finds rest in God alone.

Read & Reflect

*My soul with expectation doth depend
on God indeed: my strength and my
salvation do from Him alone proceed.
He only my salvation is, and my strong
rock is He: He only is my sure defense;
much moved I shall not be.*

Scottish Psalter

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

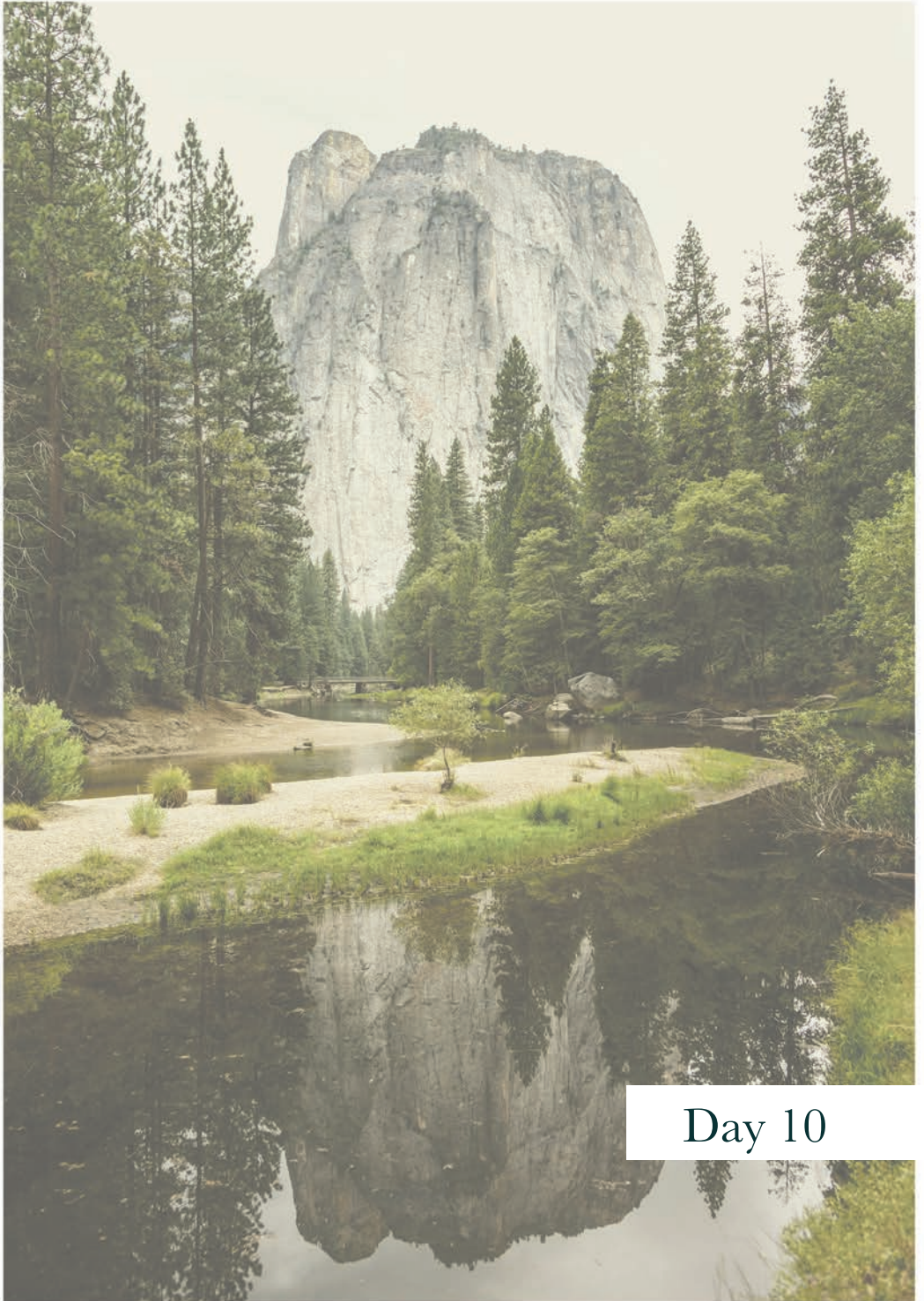
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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 10

Read Ephesians 3

Write Scripture: Ephesians 3:20 (NIV)

Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us,

Focus: God has more.

Read & Reflect

*Oh, the deep, deep love of Jesus—
Vast, unmeasured, boundless, free—
Rolling as a mighty ocean in its fullness
over me! Underneath me, all around me
is the current of His love—
Leading onward, leading homeward to
His glorious rest above.*

Samuel Trevor Francis

Reflection Notes

What is something you are thankful for from the last 24 hours?

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What are you praying for?

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Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 11

Read Psalm 65

Write Scripture: Psalm 65:11 (NKJV)

You crown the year with Your goodness, and Your paths drip with abundance.

Focus: This year is dedicated to You, God. You lead, and I will follow.

Read & Reflect

*Remember that EACH day can
be a new beginning for you...
and to offer to others. Keep
boundaries, but offer, and seize,
new beginnings. Forgive and begin
again.*

Dr. Henry Cloud

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

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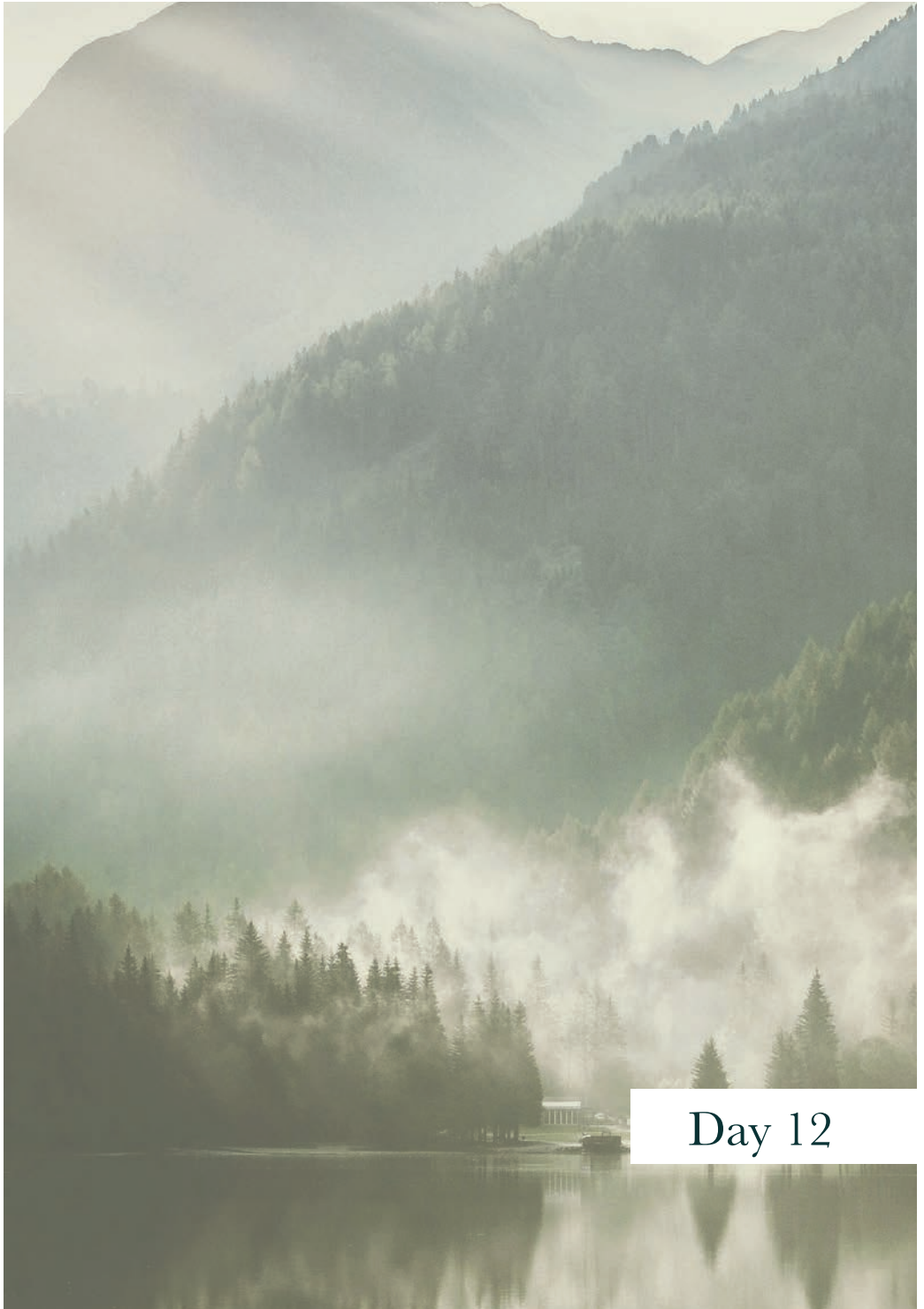
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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 12

Read Philippians 4

Write Scripture: Philippians 4:19 (NKJV)

*And my God shall supply all your need according
to His riches in glory by Christ Jesus.*

***Focus: There is nothing to fear in life
because You, oh Lord, supply what I need.***

Read & Reflect

When I put God first, God takes care of me and energizes me to do what really needs to be done.

Dr. David Jeremiah

Reflection Notes

What is something you are thankful for from the last 24 hours?

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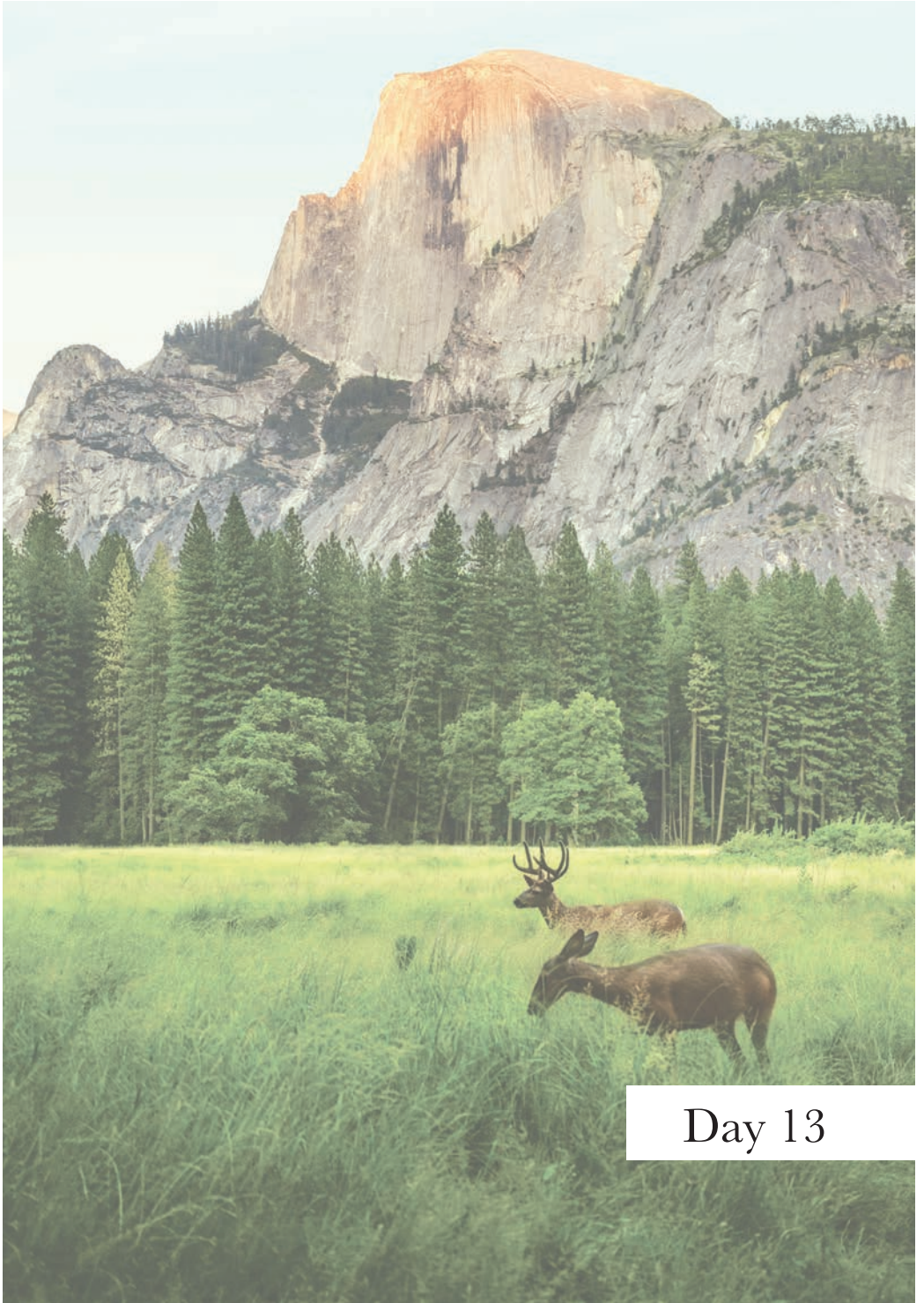
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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 13

Read Psalm 68

Write Scripture: Psalm 68:19 (NKJV)

*Blessed be the Lord, Who daily loads us with
benefits, the God of our salvation! Selah.*

Focus: Jesus bears our burdens and builds us up with His blessings.

Read & Reflect

Earthly blessings, when seen through the lens of the Gospel, point us to the greater reality of God's generous heart. In Christ, God takes our burdens upon Himself, transforming our hardships into paths of unexpected blessings.

Anonymous

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

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What are you praying for?

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The World: _____

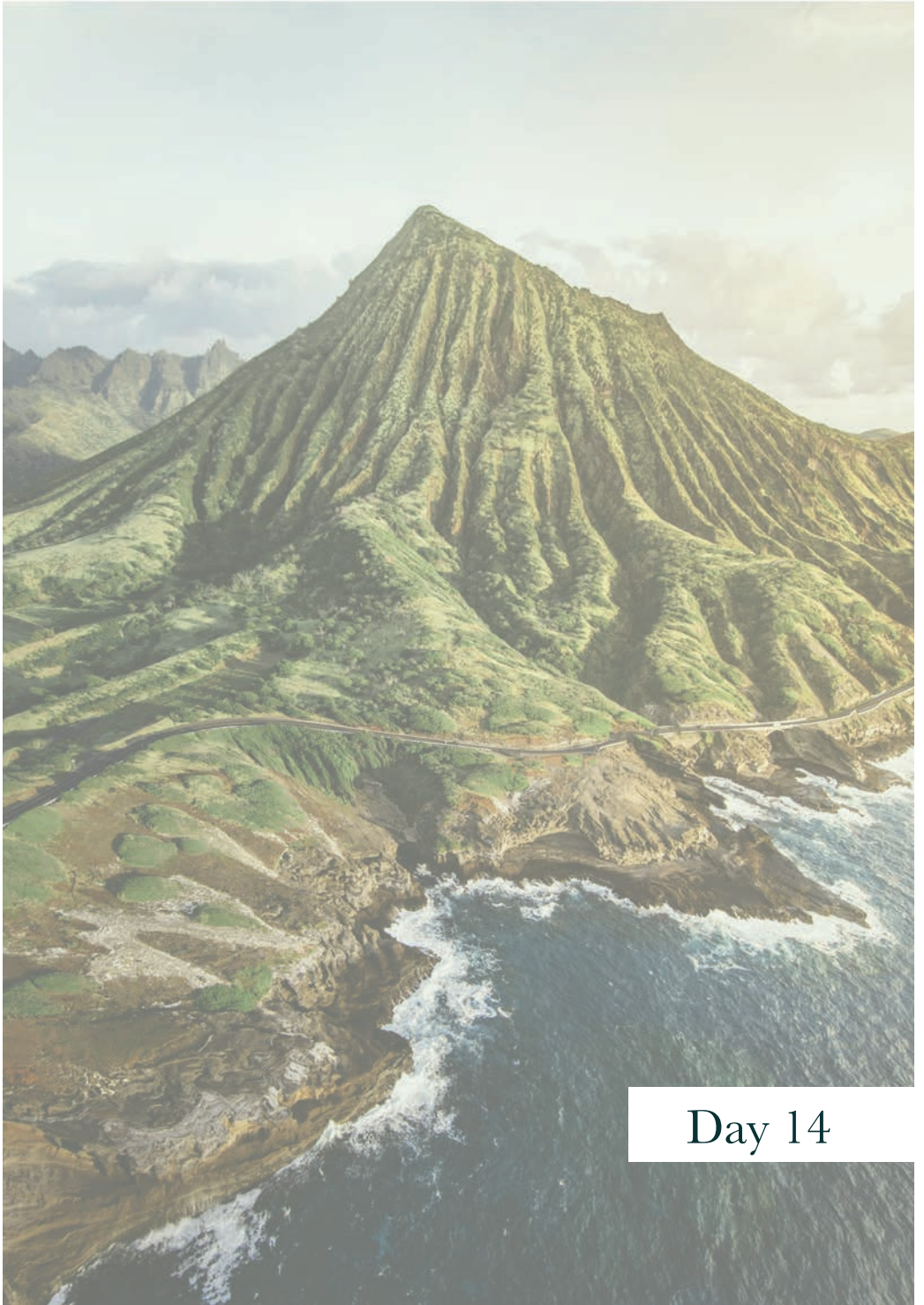
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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 14

Read Colossians 1

Write Scripture: Colossians 1:12 (NKJV)

*Giving thanks to the Father who has qualified us
to be partakers of the inheritance of the saints in
the light.*

**Focus: I am a child of God, and as Your
child I am blessed!**

Read & Reflect

The primary way that we are known by God is not by our performance or our efforts but by our being, our very existence as His beloved children.

commonly attributed to Brennan Manning

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 15

Read Psalm 103

Write Scripture: Psalm 103:2 (NIV)

*Praise the Lord, my soul and forget not all His
benefits.*

***Focus:* Lord, help me to fight to remember
You in all things.**

Read & Reflect

When we praise God from our soul, we are reminded of all His benefits. It's easy to forget how much God has done for us when we're caught up in daily life, but this verse calls us to remember. Every blessing, every healing, every provision is a benefit from the Lord. Praise isn't just about lifting our hands; it's about lifting our hearts to remember and celebrate His goodness.

Joyce Meyer

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

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Your Church: _____

The World: _____

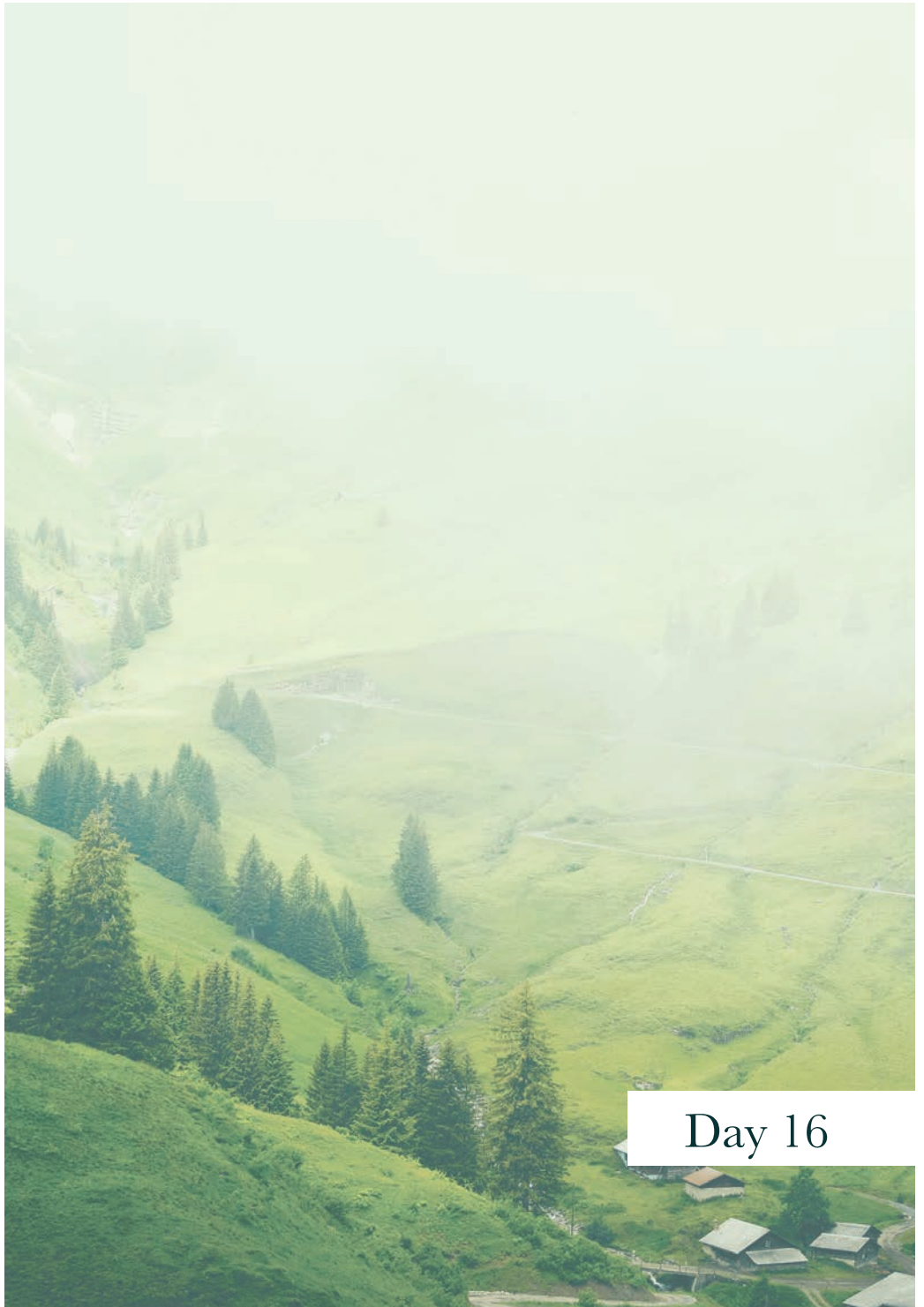
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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 16

Read James 1

Write Scripture: James 1:17 (NKJV)

*Every good gift and every perfect gift is from above,
and comes down from the Father of lights, with
Whom there is no variation or shadow of turning.*

**Focus: God is good and He has good gifts
for me.**

Read & Reflect

In a world where we often see both beauty and brokenness, it's crucial to understand their sources. Every good thing you encounter, every moment of true joy, every instance of love and beauty, these are gifts from God, reflections of His goodness. But evil, suffering, and all forms of destruction? These do not originate from God but from the enemy, the one who seeks to steal, kill, and destroy. However, even in this, God's goodness shines through. For He takes what the enemy means for harm and uses it for our ultimate good, showing His sovereignty and love in transforming even the darkest moments into pathways of grace.

Timothy Keller

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

Daily Dedications:

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 17

Read Psalm 107

Write Scripture: Psalm 107:8-9 (NIV)

Let them give thanks to the Lord for His unfailing love and His wonderful deeds for mankind, for He satisfies the thirsty and fills the hungry with good things.

Focus: Lord, help me desire good things and reject evil.

Read & Reflect

*All that we have is a gift from
God, and all that we are is a gift
from God.*

Henri Nouwen

Reflection Notes

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Day 18

Read 1 Timothy 6

Write Scripture: 1 Timothy 6:17 (NIV)

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment.

Focus: God is my Master and I serve Him alone. Money is a tool God has given me to master.

Read & Reflect

*In the quiet heart is hidden, not
the wealth of gold and gem, but
a treasure far more precious,
trust in Him who comforts them.*

Anonymous

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

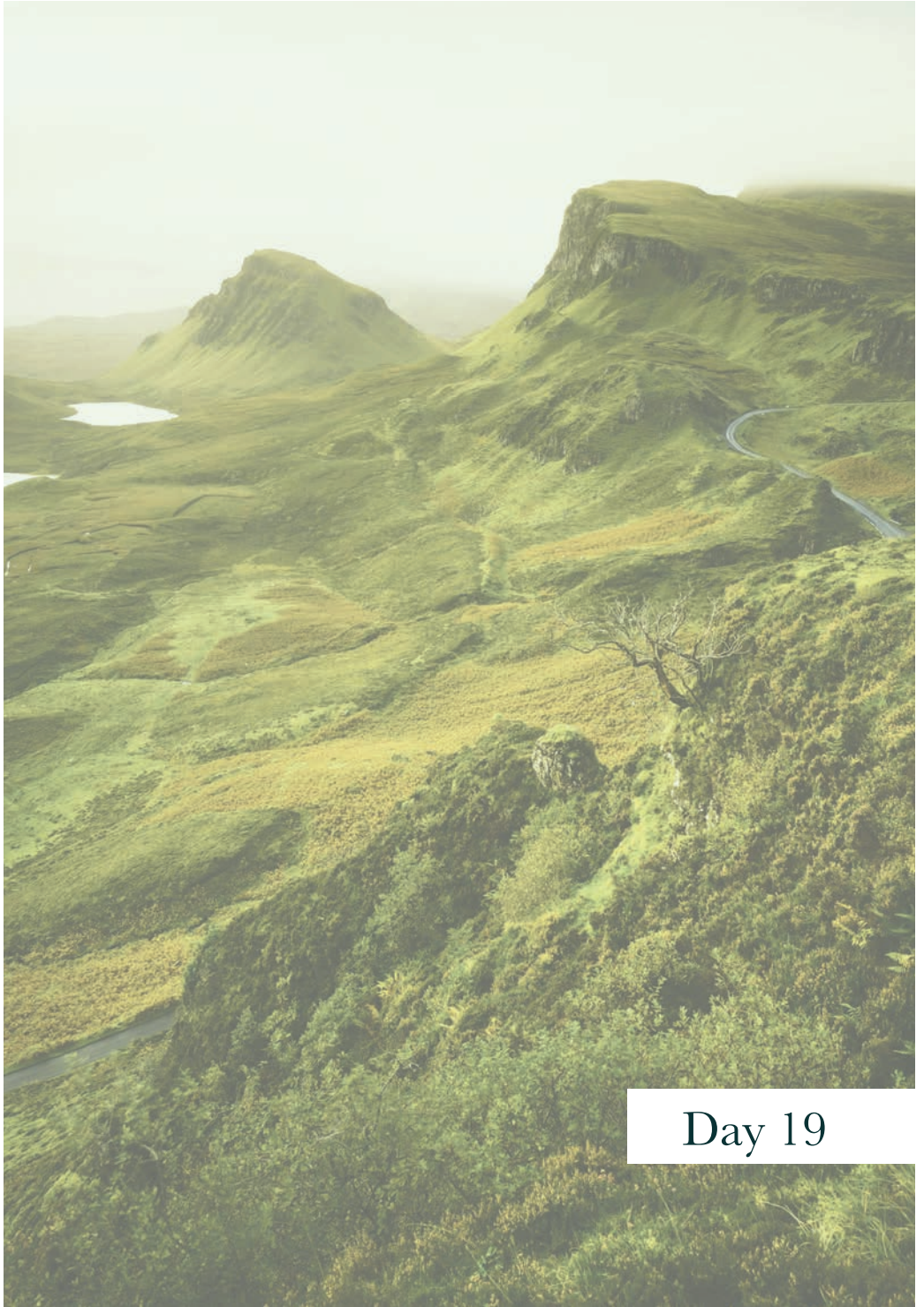
Daily Dedications:

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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 19

Read Psalm 115

Write Scripture: Psalm 115:14 (NKJV)

*May the Lord give you increase more and more,
you and your children.*

Focus: Lord, let Your blessings flow through me into the next generation, that our children will be blessed.

Read & Reflect

When we understand that everything we have is from God, intended for our enjoyment, our perspective shifts from hoarding to gratitude, from fear to faith. Our hope isn't in the fleeting nature of wealth, but in the everlasting provision of our Heavenly Father.

Rick Warren

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

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The World: _____

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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 20

Read 2 Peter 1

Write Scripture: 2 Peter 1:3 (NKJV)

As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue...

Focus: Lord, renew my mind to the power You have given me in this life through Jesus.

Read & Reflect

*The Creator of all is our helper,
making our challenges small in
comparison.*

Corrie ten Boom

Reflection Notes

What is something you are thankful for from the last 24 hours?

What is good in your life?

What is hard in your life?

What are you praying for?

Personal: _____

Your Church: _____

The World: _____

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I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...



Day 21

Read Psalm 121

Write Scripture: Psalm 121:2 (NIV)

*My help comes from the Lord, the Maker of
heaven and earth.*

***Focus:* When I need help, I have it. God is my help in any situation.**

Read & Reflect

*Look full in His wonderful face,
And the things of earth will
grow strangely dim,
In the light of His glory and
grace.*

*Turn Your Eyes Upon Jesus
Helen Howarth Lemmel*

Reflection Notes

What is something you are thankful for from the last 24 hours?

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Personal: _____

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The World: _____

Daily Dedications:

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Write some goals and reflections to help you stay on track...

I dedicate _____ to You, Lord.

Write some goals and reflections to help you stay on track...

Keep Going!

You've completed 21 Days of Dedication, but this is just the beginning! Buy a journal and continue this format.

Pick a book of the Bible to read and write a scripture. Suggested books of the Bible to start with: Psalms, John, Proverbs, Acts, or Mark.





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