

January 2026 is Stewardship Month.

Sunday, January 4th

Stewarding your MIND → Focus on healthy thoughts and healthy practices.
Decrease your social media engagements. Increase your meditation time.
Spend some time reflecting and journaling.
PRAYER 7:00pm nightly

Sunday, January 11th

Stewarding your MINUTES → How are you investing your time? Identify your
distractors and time killers.
PRAYER 7:00pm nightly
MEALS 7:00am-7:00pm, NO CAFFEINE

Sunday, January 18th

Stewarding your MOUTH → What are you saying? Are you speaking
profanity? Are you speaking from a place of fear? Speak scriptures and make
positive proclamations over yourself. Compliment others. PRAYER
7:00pm nightly
MEALS 7:00am-6:00pm, WATER and HERBAL TEA *ONLY* NO CAFFEINE
NO PROCESSED SUGARS
FRUITS AND VEGETABLES *ONLY*
SPEND AT LEAST ONE HOUR IN SILENCE

Sunday, January 25th

Stewarding your MONEY → No shopping! Do you really need to purchase
that? What are your spending habits “tied” to? What are your spending
patterns? What is your relationship with money? How much money are you
saving or investing?
NO SHOPPING Week of Sunday January 25th - Sunday February 1st

**Remember to consult your physician before fasting. Do not alter your medication
schedule. If food is required with your medications. please abide by prescription
and doctor's orders.**