

# January 2026 is Stewardship Month.

## Sunday, January 4<sup>th</sup>

**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 11<sup>th</sup>

**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 18<sup>th</sup>

**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 25<sup>th</sup>

**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 25<sup>th</sup> - Sunday February 1<sup>st</sup>

**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.**