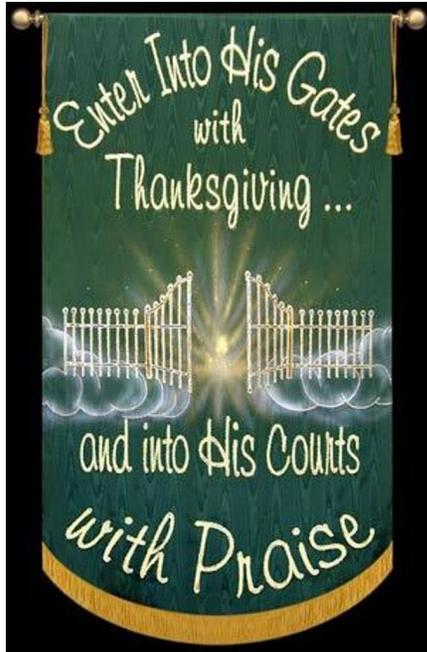


Good morning and Happy Sunday,

**Rising Thought:**



If you are like me, you are preparing, or at least thinking about preparing for Sunday Service. As you prepare to "Enter into His Gates with Thanksgiving," please take a moment to view the attached youtube video. It will definitely get you up and going. Have a wonderful service and Sunday!

**Please see the attached Day #16 Reflection**



Pray for me, as I pray for you.

[https://www.youtube.com/watch?v=hJ0\\_DUuojDc](https://www.youtube.com/watch?v=hJ0_DUuojDc)

## *Thirty Day Journey*

### **Day 16**

#### ***Verse of the Day:***

“Don’t you realize that your Body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So, you must honor God with your body.” (1Corinthians 6:19-20 NLT)

#### ***Reflection:***

Today, we are beginning the second half of our 30-Day FAST Journey. Hopefully, you have experienced much success. If not, no worries, you can begin again today. During our last few laps, it seems important to remind ourselves that our bodies do not belong to us, we have been bought with a price. Consequently, we can’t just do whatever we please with it.

Believe me, as I am writing these words, I am speaking not only to you, but to myself as well. I don’t know about you, but I constantly struggle with feeding and nourishing my body with the proper foods, appropriate exercise, the necessary amount of water, and/or the correct amount of sleep and rest. That is why this 30-Day Journey is so rewarding. It reminds us that God designed our bodies to be healthy, providing everything we need to thrive and live abundantly.

Let’s continue to allow Him to transform our lives forever from the inside and out...one choice at a time. Remember, this is your life; not a DRESS REHEARSAL!

#### **Prayer:**

Father, we have entered the last phase of this 30-Day journey; what a wonderful journey it has been. We thank you for being with us every step of the way; and for all that you’ve already done. Marvelous are your works! We submit our bodies before you, and for your glory.

We humble ourselves before you with admiration, asking for nothing. We just sit at your feet, simply taking time to reflect on Your Goodness, Your Grace, and Your Mercy. Today Lord, it’s all about You! Amen.

