



# 23 STRONG is a Personalized Monthly Commitment to Living Strong both Spiritually and Physically in 2023!

2 Factors/ 3 Focus Points for 23 Days Each Month



## 2 FACTORS

**SPIRITUAL** - my spiritual reality

**PHYSICAL** - my physical reality

## 3 FOCUS POINTS IN EACH

**FOOD** – Nourishment – way I will nourish

**FITNESS** – Movement – way I will move

**FUNCTION** – Accomplishment - something I will accomplish

*The boundary lines have fallen to me in pleasant places.*

Psalm 16:6

## This sheet provides a basic overview of 23 STRONG!

### More descriptive details including:

how 23 Strong came about, suggestions for your monthly commitment aims, answers to questions you may have, how to get involved, and monthly tracking sheets are available in additional videos and documents.

These will be helpful to review as you prepare to participate.

It all begins January 1st!

	SPIRITUAL	PHYSICAL
<b>FOOD...</b> way I will nourish	Choose one way you will commit to <b>NOURISH YOUR SPIRIT</b> each day of this month's 23 days  *	Choose one way you will commit to <b>NOURISH YOUR PHYSICAL BODY</b> each day of this month's 23 days
<b>FITNESS...</b> way I will move	Choose one way you will commit to <b>MOVE YOUR SPIRIT</b> each day of this month's 23 days  **	Choose one way you will commit to <b>MOVE YOUR PHYSICAL BODY</b> each day of this month's 23 days
<b>FUNCTION</b> something I will accomplish	Choose one way you will commit to <b>FUNCTION THROUGH YOUR SPIRIT</b> each day of this month's 23 days	Choose one way you will commit to <b>FUNCTION THROUGH YOUR PHYSICAL BEING</b> each day of this month's 23 days

\*We highly recommend you participate in Established Footsteps Sermon on the Mount Study through all the months of 2023

\*\*We highly recommend you move your spirit in the daily "spiritual fitness workout" that Established Footsteps will provide daily in tandem with the Sermon on the Mount Study