



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 FACTOR

FOOD – Nourishment – way I will nourish

FITNESS – Movement – way I will move

FUNCTION – Accomplishment - something I will accomplish



| | SPIRITUAL | PHYSICAL |
|--|--|---|
| FOOD... way I will nourish | <p>Choose one way* you will commit to NOURISH YOUR SPIRIT each day of this month's 23 days</p> <p>*We highly recommend you participate with Established Footsteps in our Sermon on the Mount Study through all the months of 2023</p> <p>Some other suggestions: Each day... Meditate on Scripture, Read Scripture out loud, Listen to Scripture, Copy Scripture, do "whole food" Bible Study... or nourish your spirit in another way that you choose this month.</p> | <p>Choose one way you will commit to NOURISH YOUR PHYSICAL BODY each day of this month's 23 days</p> <p>Some suggestions: Each day... Follow a specific eating plan of choice, Eat only whole foods, Drink 75-100 oz of water, Eat a salad, Omit sugar, Eat intuitively, Count Macros, Omit coffee, Eat a new food daily, Omit caffeine, Eat Whole 30 plan, Omit alcohol, Eat Keto plan, Omit chocolate, Eat vegan, Fast one meal a day, Omit soda... or nourish your physical body in another way that you choose this month.</p> |
| FITNESS... way I will move | <p>Choose one way** you will commit to MOVE YOUR SPIRIT each day of this month's 23 days</p> <p>**We highly recommend you move your spirit in the daily "spiritual fitness workout" that Established Footsteps will daily provide in tandem with the Sermon on the Mount Study</p> <p>Some other suggestions: Each day... Pray, Prayer walk, Pray Scripture, Worship, Take communion, Fast, Journal, Pray for your enemy, Memorize Scripture, Write out prayers, Copy Scripture, or any other way that you choose to move your spirit this month.</p> | <p>Choose one way you will commit to MOVE YOUR PHYSICAL BODY each day of this month's 23 days</p> <p>Some suggestions: Each day... Walk 10,000 steps, Workout at the Gym, Do 25 pushups, Practice yoga, Practice Pilates, Take a fitness class, Run, Hike, Weight Lift, Circuit Train, Resistance Train, Ride a bike, Roller Skate... or move your physical body in another way that you choose this month.</p> |
| FUNCTION... something I will accomplish | <p>Choose one way you will commit to FUNCTION THROUGH YOUR SPIRIT each day of this month's 23 days</p> <p>Some suggestions: For at least 10 minutes each day give effort to... Memorize a passage of Scripture, Journal, Pray for persecuted Christians, Pray for protection of the unborn, Pray for leaders, Pray for revival, Share Scripture, Craft Scripture, Do a kind deed, Pray for unsaved people, Read a spiritually uplifting book, Listen to a spiritually uplifting podcast, Practice generosity, Practice encouragement... or any other way that you choose for your spirit to function and accomplish something this month.</p> | <p>Choose one way you will commit to FUNCTION THROUGH YOUR PHYSICAL BEING each day of this month's 23 days</p> <p>Some suggestions: For at least 10 minutes each day give effort to... Clean out a closet/cabinets/drawers, Listen to a podcast, Host a party, Complete a project, Clean your garage, Clean your refrigerator/freezer, Purge your wardrobe, Stand for life, Get rid of 5 things, Write a blog, Paint a picture, Learn how to do something new, Clean out computer files, Connect with someone in your family, Research something you are interested in, Read a book, Make a craft... or any other way that you choose to spend time physically accomplishing something this month.</p> |

