

Daughters Of Zion
January, 2009
Theme – Spiritually Fit

Focus Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm Up		5 Bend Your Knees Bind: laziness Loose: prayerful life Daniel 6:10	6 Stretch Your Way Of Thinking Bind: close-mindedness Loose: open-mindedness Isaiah 55:8	7 Flex Those Muscles Bind: unbelief Loose: great faith 1 Timothy 6:12	8 Lift Up Jesus Bind: condemnation Loose: redemption John 12:32	9 Push Up Your Standards Bind: slackness Loose: diligence Psalm 18:20-21	10 Exercise Godliness Bind: godlessness Loose: godliness 1 Timothy 4:7-8
Work Out	11 It's Mind Over Matter Bind: impure thoughts Loose: thoughts of praise Philippians 4:8	12 Use Resistance Against The Devil Bind: temptation Loose: self control James 4:7	13 Don't Make Excuses Bind: procrastination Loose: commitment Luke 14:18-20	14 Be Strong In The Lord Bind: wavering spirit Loose: spiritual firmness Ephesians 6:10	15 Discipline Yourself Bind: worldly lusts Loose: purification Titus 2:11-12	16 Be Confident Bind: low self-esteem Loose: confidence Philippians 1:6	17 Press Forward Bind: weariness Loose: perseverance Philippians 3:13-14
Lose Excess Weight	18 Weight of Fear Bind: anxiety Loose: tranquility Joshua 1:9	19 Weight of Failure Bind: failure Loose: success Deuteronomy 31:6, 8	20 Weight of Oppression Bind: broken spirit Loose: merry heart Proverbs 17:22	21 Weight of Revenge Bind: vengeance Loose: forgiveness Leviticus 19:18	22 Weight of Discouragement Bind: discouragement Loose: hopefulness Deuteronomy 1:21	23 Weight of Pride Bind: pride Loose: meekness Proverbs 8:13	24 Weight of Unconfessed Sin Bind: iniquity Loose: morality Job 34:21-22
Stay Spiritually Fit	25 Get A Check-Up Bind: ignorance Loose: assurance 2 Corinthians 13:5	26 Eat Right Bind: spiritual starvation Loose: spiritual nutrition Luke 4:4	27 Get Sufficient Rest Bind: busyness Loose: stillness Mark 6:31	28 Run With Patience Bind: restlessness Loose: endurance Hebrews 12:1	29 Drink Plenty of Water Bind: stagnant water Loose: living water John 4:10-15	30 Walk With Jesus Bind: slumber Loose: spiritual strides Genesis 5:24	31 Work Out Your Salvation Bind: spiritual death Loose: salvation Philippians 2:12
	1 Do All To The Glory Of God Bind: self-glorification Loose: gratitude 1 Corinthians 10:31						

Missionaries: Arlie Enis / Furlough Replacement EME; Leonard Richardson / Taiwan; David Kline / Lesotho

Matthew 18:18-19 Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven. Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.