

#### **Reconnect 2023 Consecration**

1

Food, Finances, Fitness, Faith, & Family

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January 9 - 29

21 Day Consecration

## Food Jan 9 - 20

- > No sugary drinks or foods.
- > No added sugar (cookies, cakes, and pies)
- > Drink at least 70 ounces of water
- > No white potato, white rice, or white pasta
- > No deep fried food

## Finances January 16 -27

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>No money spent eating out!

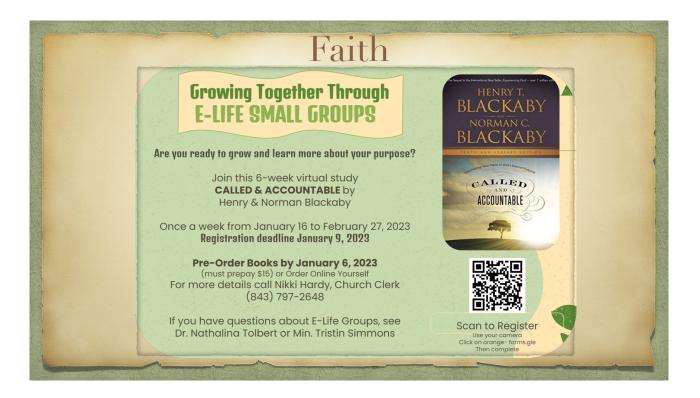


# Family

5

> Commit to a family devotional once a week

> Must include prayer and scripture



## **Commit to Ministry**

7

- Sunday Worship
- > Bible Study
- Sunday School
- > eLife Group
- Know Your Deacon
- > Join a Ministry (1/29/23)