

<p>Sunday, August 23. Day 1</p> <p><b>Growth and Grace</b></p> <p><b>2 Peter: 3-8</b></p> <p>Take a walk</p> <p>Join a Sunday school</p>	<p>24. Day 2</p> <p><b>Love</b></p> <p><b>Ephesians 5:2</b></p> <p>Try a new vegetable</p> <p>Send a letter to a family member</p>	<p>25. Day 3</p> <p><b>Honesty and Integrity</b></p> <p><b>Psalm 25:21</b></p> <p>Sleep 8 hours</p> <p>Volunteer for Community Meals</p>	<p>26. Day 4</p> <p><b>Self Control</b></p> <p><b>1 Thessalonians 5:6</b></p> <p>Portion control</p> <p>Smile at someone instead of scowling</p>	<p>27. Day 5</p> <p><b>A love of God's Word</b></p> <p><b>Psalm 9:10</b></p> <p>Meatless Meal</p> <p>Start a prayer journal</p>	<p>28. Day 6</p> <p><b>Justice</b></p> <p><b>Psalm 11:7</b></p> <p>Fast and Pray</p> <p>Star-gaze</p>	<p>29. Day 7</p> <p><b>Mercy</b></p> <p><b>Luke 6:36</b></p> <p>Go for a swim</p> <p>Listen to someone intently</p>	
<p>30. Day 8</p> <p><b>Respect</b></p> <p><b>1 Peter 2:17</b></p> <p>Meal plan for the week</p> <p>Visit the zoo</p>	<p>31. Day 9</p> <p><b>Faithfulness</b></p> <p><b>3 Proverbs 3:3</b></p> <p>10 sit-ups</p> <p>Write a letter to a grandchild or grandparent</p>	<h1>100 DAYS OF WHOLENESS</h1>					
<h1>AUG/SEPT</h1>		<p>1. Day 10</p> <p><b>A Passion for God</b></p> <p><b>Psalm 63:8</b></p> <p>Make healthy snacks</p> <p>Eat dinner at community meal</p>	<p>2. Day 11</p> <p><b>Responsibility</b></p> <p><b>Galatians 6:5</b></p> <p>Drink 8 glasses of water</p> <p>Donate to the food pantry</p>	<p>3. Day 12</p> <p><b>Kindness</b></p> <p><b>1 Thessalonians 5:15</b></p> <p>Eat lunch with a friend</p> <p>Smile at someone just because</p>	<p>4. Day 13</p> <p><b>Generosity</b></p> <p><b>1 Timothy 5:18-19</b></p> <p>Park farther away</p> <p>Attend Purple Power</p> <p>Play on Poyntz</p>	<p>5. Day 14</p> <p><b>Forgiveness</b></p> <p><b>Psalm 86:4-5</b></p> <p>Tailgate with friends</p> <p>Forgive someone</p>	
<p>6. Day 15</p> <p><b>Fellowship</b></p> <p><b>1 Corinthians 1:9</b></p> <p>Go to lunch with a church member</p> <p>Meet 5 new people at church</p>	<p>7. Day 16</p> <p><b>Perseverance</b></p> <p><b>Hebrews 12:1</b></p> <p>Exercise and increase heart rate</p> <p>Be patient</p>	<p>8. Day 17</p> <p><b>Humility</b></p> <p><b>Titus 3:2</b></p> <p>Drink water at every meal</p> <p>Tell your siblings how much you appreciate them</p>	<p>9. Day 18</p> <p><b>Compassion</b></p> <p><b>Colossians 3:12</b></p> <p>Walk around neighborhood</p> <p>Pray for each of your neighbors</p>	<p>10. Day 19</p> <p><b>Prayerfulness</b></p> <p><b>Ephesians 6:18</b></p> <p>30 minute prayer walk</p> <p>Write in your prayer journal</p>	<p>11. Day 20</p> <p><b>Freedom</b></p> <p><b>Galatians 5:1</b></p> <p>Thank a veteran or active duty person</p> <p>Attend a high school football game</p>	<p>12. Day 21</p> <p><b>Faith</b></p> <p><b>Luke 17:5-6</b></p> <p>Participate or watch the Color Run</p> <p>Invite a friend to church</p>	
<p>13. Day 22</p> <p><b>Servant Heart</b></p> <p><b>Ephesians 6:7</b></p> <p>Help out a friend or neighbor</p> <p>Call your grandparents</p>	<p>14. Day 23</p> <p><b>Purity</b></p> <p><b>Psalms 51:10</b></p> <p>Write 5 nutritional goals</p> <p>Meet someone new</p>	<p>15. Day 24</p> <p><b>Hard Work</b></p> <p><b>Colossians 3:23</b></p> <p>Journal everything you eat and drink for 2 weeks</p> <p>Compliment a coworker</p>	<p>16. Day 25</p> <p><b>Self Discipline</b></p> <p><b>Proverbs 1:3</b></p> <p>Attend the Farmer's Market</p> <p>Put your phone away</p>	<p>17. Day 26</p> <p><b>A heart for missions</b></p> <p><b>Psalm 96:3</b></p> <p>25 Jumping Jacks</p> <p>Sign up for Crop Walk</p> <p>Sign up for the Women's Retreat</p>	<p>18. Day 27</p> <p><b>Joy</b></p> <p><b>Psalm 5:11-12</b></p> <p>Turn on music and dance</p> <p>Make 3 people smile</p>	<p>19. Day 28</p> <p><b>Courage</b></p> <p><b>Deuteronomy 31:6</b></p> <p>Walk as far as you can</p> <p>Be encouraging to someone</p>	

<p>20. Day 29</p> <p><b>Wisdom</b> <b>James 3:17</b></p> <p>Bring a healthy dish to the church picnic</p> <p>Take 5 minutes and write about your expectations of God</p>	<p>21. Day 30</p> <p><b>Blessings</b> <b>The Beatitudes (Matthew 5:3-12)</b></p> <p>Try a fitness class or video</p> <p>Meditate and focus on your blessings</p>	<p>22. Day 31</p> <p><b>Peace</b> <b>Philippians 4:7</b></p> <p>Move every 15-30 minutes</p> <p>Spend 30 minutes in solitude</p>	<p>23. Day 32</p> <p><b>Christian Living</b> <b>Romans 12:12</b></p> <p>Eat a variety of fruits and vegetables</p> <p>Pray for your coworkers or classmates</p>	<p>24. Day 33</p> <p><b>Hope</b> <b>Romans 15:13</b></p> <p>Spend 5 minutes writing about the things, people and places that give you hope</p>	<p>25. Day 34</p> <p><b>Respect for Family</b> <b>Ephesians 6:2</b></p> <p>Write a note of thanks to a family member</p> <p>Attend Concert in the Park at church</p>	<p>26. Day 35</p> <p><b>Purpose</b> <b>Proverbs 19:12</b></p> <p>Keep healthy snacks ready and available</p> <p>Invite friends over for a soup supper and games</p>
<p>27. Day 36</p> <p><b>Healthy Living</b> <b>Proverbs 15:30</b></p> <p>Stock a healthy pantry</p> <p>Take 5 minutes and make a list of some of your health habits</p>	<p>28. Day 37</p> <p><b>Aging</b> <b>Isaiah 46:4</b></p> <p>You're as old as you act</p> <p>Make a card and deliver to an older friend or neighbor</p>	<p>29. Day 38</p> <p><b>Acceptance</b> <b>Romans 15:7</b></p> <p>It's all about healthy choices</p> <p>Make sure everyone in a group feels included</p>	<p>30. Day 39</p> <p><b>Healing</b> <b>Jeremiah 17:14</b></p> <p>Insights from your food journal</p> <p>Reconnect with an old friend</p>	<h1>Sept/Oct</h1>		
<p>1. Are you UP-TO-DATE? Visit <a href="http://cdc.gov">cdc.gov</a> and search for the quiz "What Vaccines Do You Need?"</p> <p>2. Take the Spiritual Gifts Inventory</p> <p>3. Keep a daily prayer journal through the 100 Days</p>				<p>1. Day 40</p> <p><b>Strength</b> <b>1 Chronicles 16:11</b></p> <p>Add strengthening exercises</p> <p>Attend MHS soccer game</p>	<p>2. Day 41</p> <p><b>Steadfastness</b> <b>2 Peter 1:5-7</b></p> <p>Take a family walk</p> <p>Write your own, personal faith statement</p>	<p>3. Day 42</p> <p><b>Foundation</b> <b>Psalms 18:2</b></p> <p>Play backyard games</p> <p>Go on a family picnic</p>
<p>4. Day 43</p> <p><b>Unity</b> <b>Ephesians 4:1-6</b></p> <p>Try a recipe from another culture</p> <p>Learn something about another country or culture</p> <p>Give blood at St. Thomas Moore</p>	<p>5. Day 44</p> <p><b>Commitment</b> <b>Proverbs 16:3</b></p> <p>Update medical history</p> <p>Spend time listening to a friend</p>	<p>6. Day 45</p> <p><b>Masterpiece</b> <b>Ephesians 2:10</b></p> <p>Visit a museum</p> <p>Treat your body as a temple</p>	<p>7. Day 46</p> <p><b>Light</b> <b>1 John 8:12</b></p> <p>Walk and embrace all your senses, colors, smells etc.</p> <p>Star-gaze</p>	<p>8. Day 47</p> <p><b>Contentment</b> <b>Philippians 4:12-13</b></p> <p>Read the KSU Common Book: "The Other Wes Moore"</p> <p>List five things you are content with in your life</p> <p>Eat only when hungry</p>	<p>9. Day 48</p> <p><b>Marriage</b> <b>Isaiah 2:19</b></p> <p>Write a letter to your spouse</p> <p>Go on an active date with your spouse</p>	<p>10. Day 49</p> <p><b>Sunrise</b> <b>Habakkuk 3:4</b></p> <p>Take a walk at sunrise</p> <p>Invite a friend to church</p> <p>Call your mother or grandmother</p>

<p>11. Day 50</p> <p><b>Youth</b></p> <p><b>1 Timothy 4:12</b></p> <p>Volunteer with youth ministry</p> <p>Take a walk with your child or grandchild</p>	<p>12. Day 51</p> <p><b>Harmony</b></p> <p><b>1 Peter 3:8-9</b></p> <p>Spend 30 minutes doing something you really enjoy</p> <p>Be kind to one another</p> <p>Meatless Monday</p>	<p>13. Day 52</p> <p><b>Breath of God</b></p> <p><b>Job 33:4</b></p> <p>Practice slow, deep breathing</p> <p>Breath in God, exhale frustration</p> <p>Brush and floss daily</p>	<p>14. Day 53</p> <p><b>Memories</b></p> <p><b>1 Thessalonians 3:6</b></p> <p>Walk and reflect on your past</p> <p>Take a stroll down memory lane and look at family pictures</p>	<p>15. Day 54</p> <p><b>Laughter</b></p> <p><b>Psalms 126:2</b></p> <p>Try deep down belly laughing</p> <p>Watch a comedy</p>	<p>16. Day 55</p> <p><b>Celebrate</b></p> <p><b>Ecclesiastes 3:13</b></p> <p>Take a walk around City Park</p> <p>Attend KSU homecoming parade</p>	<p>17. Day 56</p> <p><b>Restraint</b></p> <p><b>Psalms 141:3</b></p> <p>Park far from the stadium, mall or grocery store</p> <p>Be polite to the opposing fans</p>
<p>18. Day 57</p> <p><b>Creation</b></p> <p><b>2 Corinthians 5:17</b></p> <p>Host or join a small group bible study</p> <p>Take a walk and notice the color change</p>	<p>19. Day 58</p> <p><b>Walk</b></p> <p><b>1 John 2:6</b></p> <p>Take a brisk walk with a friend or family member</p> <p>Do a kindness for a person without them knowing it</p>	<p>20. Day 59</p> <p><b>Conservation</b></p> <p><b>Psalms 8</b></p> <p>Walk and pray Psalm 8</p> <p>Recycle, Reuse, Repurpose</p>	<p>21. Day 60</p> <p><b>Priorities</b></p> <p><b>Matthew 22:37-38</b></p> <p>What you do eat is as important as what you don't eat</p> <p>Review eating habits</p>	<p>22. Day 61</p> <p><b>The Great Commandment</b></p> <p><b>Mark 12:30</b></p> <p>20 minutes of body stretches</p> <p>Read something that stretches your mind</p>	<p>23. Day 62</p> <p><b>Trust</b></p> <p><b>Jeremiah 17:7-8</b></p> <p>Take a walk and reflect on your "big picture". What is important to you and what is not?</p>	<p>24. Day 63</p> <p><b>Role model</b></p> <p><b>Titus 2:7</b></p> <p>Rake leaves as a family</p> <p>Family movie night</p>
<p>25. Day 64</p> <p><b>Service</b></p> <p><b>1 Peter 4:11</b></p> <p>Plant flowers or a tree in memory or honor of someone</p> <p>Spend time reflecting on that person</p>	<p>26. Day 65</p> <p><b>Sleep</b></p> <p><b>Proverbs 3:24</b></p> <p>Send a care package to a college student</p> <p>Get your 8 hours</p>	<p>27. Day 66</p> <p><b>The Lord's Prayer</b></p> <p><b>Matthew 6:9-12</b></p> <p>Walk and meditate on the Lord's Prayer</p> <p>Remind people of your continued prayers via email</p>	<p>28. Day 67</p> <p><b>Anxiousness</b></p> <p><b>1 Peter 5:7</b></p> <p>Take a slow walk focusing on breathing and letting go of the things that overwhelm you</p> <p>Cut back on sugar intake</p>	<p>29. Day 68</p> <p><b>Values</b></p> <p><b>Matthew 22:37-38</b></p> <p>Write down one priority for body, mind and spirit</p> <p>Value your health</p>	<p>30. Day 69</p> <p><b>Shepherd</b></p> <p><b>Psalms 23</b></p> <p>Memorize Psalm 23</p> <p>Walk while reciting Psalm 23</p>	<p>31. Day 70</p> <p><b>Sharing</b></p> <p><b>Exodus 28:38</b></p> <p>Treat someone with a random act of kindness</p> <p>Go easy on the Halloween candy</p>

# November

<p><b>1. Day 71</b></p> <p><b>All Saint's Day</b></p> <p><b>2 Thessalonians 1:10</b></p> <p>Remember and acknowledge important dates in people's lives (ex. Death of a loved one)</p> <p>Walk and remember</p>	<p><b>2. Day 72</b></p> <p><b>Lord of the Dance</b></p> <p><b>Psalms 150:4</b></p> <p>Clean out closets— donate hats, scarfs, gloves</p> <p>No deserts or sweets today</p>	<p><b>3. Day 73</b></p> <p><b>Victory</b></p> <p><b>Psalm 18:24</b></p> <p>Be respectful of all candidates up for election</p> <p>A prayer walk for our elected leaders</p>	<p><b>4. Day 74</b></p> <p><b>Listen</b></p> <p><b>Proverbs 12:15</b></p> <p>Take the time to intently listen to how a family member's day is actually going</p> <p>Walk and journal the sounds you heard</p>	<p><b>5. Day 75</b></p> <p><b>Sight</b></p> <p><b>Matthew 6:22</b></p> <p>Donate old eye glasses</p> <p>Schedule an eye exam</p>	<p><b>6. Day 76</b></p> <p><b>Washing</b></p> <p><b>Exodus 30:17-21</b></p> <p>Listen to Handel's "Water Music"</p> <p>Wash hands often</p>	<p><b>7. Day 77</b></p> <p><b>Speech</b></p> <p><b>Ephesians 4:29</b></p> <p>Use words well, for they have much power</p> <p>Invite a coworker to church</p> <p>Take a nature hike</p>
<p><b>8. Day 78</b></p> <p><b>Children</b></p> <p><b>Matthew 19:14</b></p> <p>Donate to the Backsnack program</p> <p>Attend the high school musical</p>	<p><b>9. Day 79</b></p> <p><b>Sharing your faith</b></p> <p><b>Matthew 5:14-16</b></p> <p>Make and take a meal to a new family</p> <p>Invite them to church</p>	<p><b>10. Day 80</b></p> <p><b>Smile</b></p> <p><b>Job 9:27</b></p> <p>Pass along a compliment you've heard about someone</p> <p>Schedule a visit to your dentist</p>	<p><b>11. Day 81</b></p> <p><b>Read</b></p> <p><b>2 Peter</b></p> <p>Visit the library and check out an exercise video</p> <p>Books are best shared</p> <p>Read to a child</p>	<p><b>12. Day 82</b></p> <p><b>Living Water</b></p> <p><b>John 4:10</b></p> <p>Thirsty Thursday: 8 glasses of water</p> <p>Donate to the church pantry</p>	<p><b>13. Day 83</b></p> <p><b>Authority</b></p> <p><b>Philippians 2:5-7</b></p> <p>Tell a boss or coworker that you are thankful for them</p> <p>Take the lead in your own health</p>	<p><b>14. Day 84</b></p> <p><b>Hospitality</b></p> <p><b>Romans 12:12-13</b></p> <p>Bake cookies or bread and deliver them to a friend, still warm</p> <p>Eat whole grains</p>
<p><b>15. Day 85</b></p> <p><b>Baptism</b></p> <p><b>Ephesians 4:4-6</b></p> <p>Learn to knit or crochet</p> <p>Don't forget to register for the Jingle Bell Run/Walk!</p>	<p><b>16. Day 86</b></p> <p><b>Fathers</b></p> <p><b>Deuteronomy 6:6-9</b></p> <p>Call your father or grandfather</p> <p>Meatless Monday</p>	<p><b>17. Day 87</b></p> <p><b>Excellence</b></p> <p><b>Proverbs 3:9</b></p> <p>Sneeze into your arm, not your palm</p> <p>Make a "just because" phone call</p>	<p><b>18. Day 88</b></p> <p><b>Appreciation</b></p> <p><b>1 Corinthians 1:4</b></p> <p>Donate food to the bread basket</p> <p>Stop and say "thank you" to a grocery clerk or wait staff. Ask them how they are doing.</p>	<p><b>19. Day 89</b></p> <p><b>Salvation</b></p> <p><b>Psalm 27:1</b></p> <p>Take a 10 minute walk and write 10 words that describe your faith</p> <p>Add 10 minutes to your workout</p>	<p><b>20. Day 90</b></p> <p><b>Zeal</b></p> <p><b>Romans 12:11</b></p> <p>Smiling costs nothing, but gives so much</p> <p>Give blood at St. Thomas Moore</p>	<p><b>21. Day 91</b></p> <p><b>Animals</b></p> <p><b>Genesis 1:21</b></p> <p>Volunteer at an animal shelter</p> <p>Donate old towels or food to an animal shelter</p>

<p>22. <b>Day 92</b></p> <p><b>Thanksgiving</b></p> <p><b>Hebrews 12:28</b></p> <p>Make a list of all that you are thankful for</p> <p>Take a “thankful walk”: focus on church leadership</p>	<p>23. <b>Day 93</b></p> <p><b>Thanksgiving</b></p> <p><b>Collations 4:2</b></p> <p>Send an “I am thankful for you” note to a friend</p> <p>Take a “thankful walk”: focus on family</p>	<p>24. <b>Day 94</b></p> <p><b>Thanksgiving</b></p> <p><b>Collations 2:6-7</b></p> <p>Pack a healthy snack pack for a family that is traveling for the holidays</p> <p>Take a “thankful walk”: focus on friends</p>	<p>25. <b>Day 95</b></p> <p><b>Grateful heart</b></p> <p><b>Collations 3:15-17</b></p> <p>Attitude of gratitude</p> <p>Prayer walk: focus on your neighbors</p> <p>Make a Thanksgiving Wall</p>	<p>26. <b>Day 96</b></p> <p><b>Thanksgiving</b></p> <p><b>Psalms 100</b></p> <p>Invite someone who is alone to your Thanksgiving Dinner</p> <p>What are some ways to thank God for what He has done for you?</p>	<p>27. <b>Day 97</b></p> <p><b>Thanksgiving</b></p> <p><b>1 Thessalonians 5:18</b></p> <p>Unplug for the day and be present with each other</p> <p>Family game night</p> <p>Hug your family</p>	<p>28. <b>Day 98</b></p> <p><b>Fruits of the spirit</b></p> <p><b>Galatians 5:22-23</b></p> <p>How does your life bear these fruits?</p> <p>Attend the Christmas tree lighting in Blue Earth Plaza</p> <p>Eat more chicken: GO CATS!</p>
<p>29. <b>Day 99</b></p> <p><b>Advent</b></p> <p><b>Anticipation</b></p> <p><b>Psalms 27:14</b></p> <p>Attend Family Advent</p> <p>Begin a daily Advent devotion with your family</p>	<p>30. <b>Day 100</b></p> <p><b>Benediction</b></p> <p><b>Numbers 6:24-26</b></p> <p>Memorize this verse</p> <p>Take a walk at sunset and reflect on these past 100 Days of Wholeness</p>	<p>What do your next 100 days look like?</p>				