

THE 31 DAY UNFAST

RECLAIMING HEALTHY RELATIONSHIPS



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Dedication

Most of us have heard about prayer fasts and fasting to lose weight or to cleanse our body. Many religions even promote fasting as a way to grow closer to God or to seek clarity and become more spiritually aware.

So, when my counselor mentioned a fast, I took off with it. The ultimate goal was to determine my path and purpose and what I was being called to do.

About three days into the fast, I shared with my husband that I was fasting. He looked at me and reminded me that I had just gone through months of EMDR therapy to combat my battle with anorexia/bulimia. As, I explained that my counselor suggested that I do a prayer fast. He asked, "Is that really what she said?" I took a deep breath in and explained that she did not exactly say that, but she did suggest it. He suggested I talk with a friend, so I did.

She cautioned me, as well and suggested that I spend time in prayer to truly determine what path I should take. It took a few days of praying about whether I should fast or unfast or exactly what I should do. I determined that I should unfast and could create my own path. And guess what, I loved it!

I found that it helped me to learn more about my eating habits. I began to truly see what I ate, when I ate, and that I ate. I began to see more gains in my lifting and really fell in love with food and my body.

As, I began to find more clarity in healthy eating and strength training, I also began to find more clarity in other areas of my life. I became more and more driven to start Get Strong with Jen! And the ideas began to almost pour out naturally.

This is definitely not the be all end all, but it provided a strong jumping off point, from which I could build.

I am incredibly grateful to my counselor, my husband and my beautiful friend, Jordan for their love and support. Most especially for speaking truth into my life and holding me accountable. And, for Jordan's kind gesture in creating the die-cut picture that serves as the background for the prayer journal. I love you all!

Introduction

The *Prayer for Healthy Living* on page 3 hangs on my refrigerator. It's been there since June of 2016 when my eating disorder flared up with a vengeance. For several months, I said it three and four times a day. Now, I say it each day to remind me of my ultimate goal – maintaining healthy relationships with food, people, and other areas of my life.

You will find on the prayer pages a section to include a song for the day. I find music to be incredibly healing and many mornings wake up with a song in my heart. I will usually pull up YouTube or google the words playing through my head. Then play the song. I find that it helps kick off my day.

The *My Commentary* section is meant for you to include your notes/thoughts as you reflect on the Bible verse taken from *Prove It! The Catholic Teen Bible*. The verses and the commentary immediately after are meant to serve as a reflection for the day.

The *Unfasting Prayer* or one similar is meant to be said each day of the unfast to help you stay focused on your purpose.

Many of us get consumed in work and other details of life and we either forget to eat or do not eat enough during the day. This lack of nourishment during the day causes us to overeat at points. It causes us to lose energy creating brain fog and wreaking havoc on our bodies, as well as, our behaviors. Those behaviors in turn cause other negative issues in our body and lead to feelings of guilt, anger and loneliness. A critical component of the unfast is to see not only what you are eating, but whether or not you are eating and when.

So, the *For breakfast I ate*, *For lunch I ate*, *For dinner I ate* sections include three blanks that are meant for you to include the food you eat each day.

There is a place for you to write your own daily prayer, as well as, a place to include your workout for the day. Including your workout information helps you to see if you are exercising, how much you are exercising and hopefully the three blanks will remind you not to over exercise, if you are prone to that.

A lunchtime and dinner prayer are also included. They are both novenas. You may certainly replace them with one of your own or if you are not Christian, a meditation that you enjoy.

There is an area to check off when you double up on your protein. I think of protein kind of like gas – I can run on unleaded the minimum amount of protein, but much like a car runs best on unleaded supreme, I run best if I double up on protein throughout the day. Checking off when you double up helps you to quickly see if you are doubling up and how often.

The 31 Day Unfast is in no way recommended as a medical or even a nutrition guide. It is simply meant to help you become more aware of the relationship that you have with food and where you might need to improve your relationships and habits in other areas of your life.

Walking through a process like this one takes an incredible amount of discipline, strength, and trust in yourself, but it can bring great peace. Enjoy every moment as you work to reclaim healthy relationships!

All my love - Jen

Prayer for Healthy Living

Beautiful morning Lord! I come to You with my heart open to say thank you for all that You have provided me. Thank you for allowing me to share my home, my story, my family and my life with others while growing in service to You. Lord, I am working to build healthy relationships in everything that I do.

Since, I was a teenager Lord, I struggled with my relationship with food- always seeing it as the enemy. Until recently, I did not recognize how food acts as fuel for our body. When we put in the wrong food or don't put in enough of the right food we do not run smoothly and much like a car our body begins to run sluggish.

Lord, I am working hard to build a healthy body, please wrap Your loving arms around me and guide my decisions about what and how much I eat. In addition, please protect my body from injury during my workouts and guide me to make good, sound decisions about what and how much I do. Work in me to push me and challenge me.

Lord, only You know the plans that You have for me. I want to follow Your will in all that I think and do each day. There will be times I fail and act on my own, in those times please pull me in and remind me of who's I am. I pray Lord, moving forward, that I will see the beauty in food and healthy living. In Jesus Name I Pray, Amen.

Day 1

Song: _____

Bible Verse:

"I praise You, because I am wonderfully made; wonderful are your works! My very self you know" Psalm 139:14.

Lord, I know that everything is beautiful because it is created by You. I was created by You, Lord; therefore, I am beautiful and worthy of a beautiful life with You. Thank you for your wonderful work!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 30 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 2

Song: _____

Bible Verse:

“My darling, everything about you is beautiful, and there is nothing at all wrong with you” Song of Songs 4:7.

Lord, thank You for the incredible reminder that I am beautiful. Thank you for the reminder that everything about me is beautiful. Sometimes I can feel such ugliness and feel like so much is wrong with me. What an awesome gift we have in songs to remind us that we are beautiful. We are your precious gift.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 29 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

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implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 3

Song: _____

Bible Verse:

“Charm is deceptive and beauty is fleeting, but a woman who fears the Lord will be praised” Proverbs 31:30.

Lord, thank you for the reminder that no matter what happens with my body, with my physical state the most important part of me is my heart and soul. They remind me to work to make the right decisions and trust that You will provide everything that I need. And, that makes me smile!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 28 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

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implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 4

Song: _____

Bible Verse:

“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit” Romans 14:17.

Lord, this is exciting news! Romans 8:18 also reminds us that the suffering which we endure now, cannot compare with the joy that is coming --- Lord, I am reminded that by making the right choices now, I will find the peace and joy that the Holy Spirit promises us.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 27 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 5

Song: _____

Bible Verse:

“Brothers and sisters, in view of all we have just shared about God’s compassion, I encourage you to offer your bodies as living sacrifices, dedicated to God and pleasing to Him. This kind of worship is appropriate for you” Romans 12:1

Wow! Lord, to offer my body as a living sacrifice in Your honor almost scares me because I feel like I need to be so perfect. But then I remember that it is perfect in Your eyes and I only need to come to You -- to present myself to You heart, mind, body, and soul the way You created me.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 26 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 6

Song: _____

Bible Verse:

“So admit your sins to one another and pray for each other, so you will be healed. Prayer offered for those who have God’s approval are effective.” James 5:16

Lord, thank you so much for the reminder of the importance that prayer is for one another. Help me to be more understanding of others and their mistakes. Work in me, Lord to show me my shortcomings and help me to heal heart, mind, body, and soul. I want to be a strong support for your people.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 25 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 7

Song: _____

Bible Verse: “Don’t you know that your body is a temple that belongs to the Holy Spirit? The Holy Spirit, whom you received from God, lives in you. You don’t belong to yourselves. You were bought for a price. So, bring glory to God in the way you use your body.”

Lord, I am reminded to take care of my body as I would the tabernacle - keep it clean and in good repair. Lord, with that comes pure thoughts, walking every minute with You, and staying away from anything that would cause me to compromise our journey together. In addition, it reminds me to go to the doctor regularly, to get enough sleep and to push and challenge myself. It also reminds me to SMILE!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 24 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 8

Song: _____

Bible Verse: “For lack of guidance a people falls; security lies in many counselors” Proverbs 11:14.

Lord, I am reminded to seek the wisdom of trusted friends when I am struggling, or need to make a major decision, or just need to talk. Most especially, I am reminded to be prayerful in the decisions I make each day.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 23 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 9

Song: _____

Bible Verse: "The Lord is near to all who call upon him, to all who call upon him in truth." Psalm 145:18.

Lord, thank you for always being near to us. Today I call upon you to help me to see the truth in my habits. Good or bad, I ask that you reveal to me where my strengths are and where I need to improve. I pray for the discipline to follow your will in all that I think and do each day, but most especially I pray for the ability to hear and listen to you when you call upon me.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 22 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 10

Song: _____

Bible Verse: "Have not anxiety at all, but in everything by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus" Phillipians 4: 6-7.

Lord, thank you for the reminder to choose the right actions. Thank you for the reminder to turn to you for guidance and support, especially before I enter into situations that might cause unnecessary anxiety. Perhaps helping me to avoid some of those moments, those temptations all together. I smile as I think back to all of the requests that I have made to you. While they did not all work out like I wanted you graced me with peace in my heart, mind, body and soul. I am incredibly thankful.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 21 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 11

Song: _____

Bible Verse: "Cast your care upon the Lord, who will give you support. He will never allow the righteous to stumble" Psalm 55:23.

Thank you Lord for this great reminder! I am reminded that by turning to You in everything I allow You to fully work in my life. At times I forget or don't think about it until I am knee deep in sorrow or trouble --- even then You remind me that You are with me. Thank you Lord for your incredible support!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 20 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 12

Song: _____

Bible Verse: "Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak" Mark 14:38.

Lord, thank you for the reminder that at times I might be super excited at the beginning of a task or project, but could be tempted not to put in the work --- or have the energy to sustain it. Thank You for reminding me that although my heart might want to jump in, I could be overloading my plate which could inevitably lead to heartbreak for myself and those around me. Lord, I pray today that when I am presented with an opportunity to share my heart with others, that I am able to recognize what is a gift from you and what is not.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 19 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 13

Song: _____

Bible Verse: "No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it" 1 Corinthians 10:13.

Lord, thank you for the reminder that there will always be temptation -- the temptation to overspend, the temptation to eat unhealthy, the temptation to overindulge in alcohol, and even greater temptations, but with you Lord I can find a way out. I can find the strength to walk away, I can find the strength to say "No, thank you." Lord, thank you for always showing up for me. For always being an AMAZING friend and father!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 18 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 14

Song: _____

Bible Verse: “In the same way, the spirit too comes to the aid of our weakness for we do not know how to pray as we ought, but the spirit itself intercedes with inexpressive groanings” Romans 8:26.

“The spirit too come to the aid of our weakness.” Thank you for this reminder, Lord! When I do not know what I need to pray for or how to pray, You know my heart, you know what I need, much like a parent does for their child at times. I know that you will provide for me regardless of whether we talk about it or not. If it is your will, then it will be done. Thank you, Lord!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 17 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 15

Song: _____

Bible Verse: “The Lord, your God, is in your midst, a mighty savior, who will rejoice over you with gladness, and renew you in his love, who will sing joyfully because of you” Zephaniah 3:17.

Lord, you are AMAZING! Thank you! Thank you! As I dance in Your presence, I feel your love pour down on me. I am certain you can see my smile and healthy glow! Thank you for the unbelievable reminder that I am completely and totally accepted by you God. Your love refreshes and renews me everyday! Your joy Lord, is my strength!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 16 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 16

Song: _____

Bible Verse: "But God proves his love for us in that while we were still sinners Christ died for us" Romans 5:8.

Thank you for the reminder that I am absolutely worthy of all that the world has to offer me, Lord. Thank you for being willing to sacrifice your only son for me, so that I might have life. So, that I might be able to dance in the joy of this world. Lord, thank you for reminding me that my life is grounded in You and that because I am your daughter you will always guide, strength, and sustain me.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 15 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 17

Song: _____

Bible Verse: “We have come to know and to believe in the love God has for us. God is love and whoever remains in love remains in God and God in him” 1 John 4:16.

Thank you Lord for our unbelievable friendship and for sharing your pure love with me. Thank you for opening my heart to trust, to love, to live without judgement and fear. Thank you for believing in me, Lord!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 14 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 18

Song: _____

Bible Verse: “See, upon the palms on my hands I have engraved you; your walls are ever before me”
Isaiah 49:16.

Thank you for the reminder that I am permanently part of You, Lord. Thank you for opening your hands and heart to me. Thank you for welcoming me into your Kingdom!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 13 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 19

Song: _____

Bible Verse: "The Lord is with me; I am not afraid; what can mortals do against me?" Psalm 118:6.

Lord, as I contemplate this verse, I am reminded of Your son's own contemplation just before his death. He prayed that Your will be done (Matthew 26:39) and I am reminded Lord, that You are always with me. I am reminded that the opinions of others should not impact me, as I find truth in You, Lord. Thank You for the reminder to turn to You in all things to seek Your will.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 12 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 20

Song: _____

Bible Verse: "Better to take refuge in the Lord than to put one's trust in mortals" Psalm 118:8.

Lord, thank you for the reminder of the importance of surrounding myself with people who are grounded in You. Thank you for placing people in my life who will remind me to turn to you for refuge.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 11 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 21

Song: _____

Bible Verse: "Commit your way to the Lord; trust in Him and He will act" Psalm 37:5.

Lord, I give you everything that I have and everything that I am. I trust and believe that you are working for my highest and greatest good. I believe that you are breaking the chains that will allow me to truly serve my highest purpose and most especially You. Thank you for committing Your way to me Lord!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 10 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 22

Song: _____

Bible Verse: "Trust in the Lord with all your heart, on your own intelligence do not rely; in all your ways be mindful of him and he will make straight your paths" Proverbs 3: 5-6.

Thank you Lord for the reminder that you understand even when we do not. Thank you for walking on the straight and narrow path with us, reaching out to redirect us if we lose sight of our goal. Thank you for continually working to be a beacon of light in our heart, mind, and soul. I trust you, Lord and hope that soon it will become second nature for me to turn to you in everything I do..

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 9 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 23

Song: _____

Bible Verse: "I have the strength for everything through him who empowers me" Phillipians 4:13.

Lord, thank you for the reminder that with you in my life, I grow stronger and more confident. Thank you for the reminder that with You in my life my life is in more control. Thank you for the reminder that I only need to listen and that your love will always stand strong.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 8 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 24

Song: _____

Bible Verse: “He gives power to the faint; abundant strength to the weak” Isaiah 40:29.

Lord, thank you for the reminder that my world is controlled by You. When I feel like I cannot handle anymore it is You who grounds me, You who helps me to feel like a superhero. It is with You that I find my power and strength. Thank you, Lord, for working through my weakness to bring me strength!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 7 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 25

Song: _____

Bible Verse: "May the Lord give might to His people; may the Lord bless his people with peace!" Psalm 29:11.

Thank you, Lord, for this time of peace and grace.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 6 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 26

Song: _____

Bible Verse: “Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you. I will help you, I will uphold you with my victorious right hand” Isaiah 41:10.

Thank you, God, for reminding me that you are with me in all circumstances. Thank you for taking charge of my life, for leading, and loving me. Thank you for strengthening me and leading me to victory in You!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 5 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 27

Song: _____

Bible Verse: "Think of what is above, not of what is on earth" Colossians 3:2.

Lord, as I look to You I am reminded that it ultimately does not matter what I look like, what I dress like, what I talk like, as long as I am working for You. Lord, my goal is to bring you honor and glory everyday through all that I think and say and do.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 4 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 28

Song: _____

Bible Verse: “So, submit yourselves to God. Resist the devil, and he will flee from you” James 4:7.

Lord, as I keep my eyes steady on You I want to become so filled with Your spirit that the devil burns when he touches me. I am on fire for You, LORD! Thank you for accepting me Lord and welcoming me into Your kingdom!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 3 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 29

Song: _____

Bible Verse: “But the Lord said to Samuel: Do not judge from his appearance or from his lofty stature because I have rejected him. God does not see as a mortal, who sees the appearance. The Lord looks into the heart” 1 Samuel 16:7.

Lord, thank you for looking into my heart and showing me what is most important to You.

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next 2 days, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray, and do thou, O Prince of the Heavenly Hosts, by the Power Of
God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.

For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

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implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee I come, before thee I
stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 30

Song: _____

Bible Verse: "Healing the broken hearted and binding up their wounds" Psalm 147:3.

Lord, it is only you that can heal. It is only you that can mend a broken heart. Thank you for trusting me with Your great love. Thank you for binding up my wounds, protecting, and strengthening me!

My Own Commentary:

Unfasting Prayer:

Lord, thank You so much for the incredible work You are doing in me. Thank You for Your incredible gifts of grace and mercy. Lord, I believe You are guiding my life and have a terrific purpose for me. Over the next day, I ask that You make clear my path, cleanse me of anything that would keep me from understanding and knowing Your will. Help me to discipline myself and provide me with the tools that I will need to get stronger. In Jesus Name We Pray, Amen!

For breakfast I ate:

My Daily Prayer:

Strength Training/Workout:

Lunchtime Prayer to St. Michael the Archangel:

St. Michael the Archangel, defend us in battle.
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For lunch I ate:

Dinner Prayer The Memorare Of St. Bernard:

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stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in thy mercy,
hear and answer me. Amen.

For dinner I ate:

Protein doubled up at:

Breakfast ____
Lunch ____
Dinner ____

Letter of Love to your body:

Day 31

“For this reason I kneel before the Father, from whom every family in heaven and earth is named, that he may grant you in accord with the riches of his glory to be strengthened with power through his Spirit in the inner self, and that Christ may dwell in your hearts through faith; that you rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who is able to accomplish far more than all we ask or imagine, by the power at work within us, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen” Ephesians 3: 14-21.

Lord, thank you so much for the work you are doing in and through me. Thank you for providing me with the tools and resources that I need to be able to share my life/my story with others. Thank you for creating a dwelling place in my heart and for continuing to work in my life heart, mind, body, and soul. Admittedly, Lord there were times when I could have used a break -- where I may have even taken a break -- but ultimately, the journey with You has been worth it. Thank you so much for your incredible gifts of grace and mercy. I pray that You will always keep me rooted and grounded in your deep, deep love. I believe and trust that you are guiding my life to be in deep, deep communion with You and others. Lord, I ask you to make clear my path, cleanse me of anything that would keep me from understanding and knowing You. Help me to stay disciplined and continue to work in me to strengthen our deep and rich relationship. Bring me into the fullness of life with you so that as I share Your love with the world, Your light and Your message of hope, a deep, deep love shines through.

On this final day of my unfasting Lord, I want to thank you for walking, so closely with me over the past 31 days. Thank you for healing and unfastening old wounds. Lord, thank you for cleansing me heart, mind, body and soul. Moving forward I ask you to hold me close and keep me in your loving arms. Lord, as I continue to hit trials and what feels like roadblocks help me to remember to turn to you --- to turn to you ALL.DAY.EVERY.DAY. Lord, it is through you that we get strong, find excitement, are able to handle serious situations relatively stress free, rise up, and find the answers we need to get strong in You. Thank you for your continued grace and mercy --- I cannot wait to see what you have planned for me! I love you, Lord! In Jesus Name, We Pray. Amen.

On this final Day Celebrate Your body! Make a list of 10 things that you love about your body --- challenge yourself to love 7 things that you cannot see.
