If you’re looking for ongoing support and a community of Christian women walking with God in their health journey, you’re invited to join us inside the Whole + Holy Girls Club.
www.WholeAndHolyGirls.club

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Thank you for honoring the heart and integrity behind this work.

R.E.N.E.W. Your Mind

Use this sheet or your journal to work through the RENEW method™ anytime you need to.

R WHAT'S THE NEGATIVE THOUGHT, DOUBT, OR LIE THAT YOU'RE HEARING?

E WRITE IT ABOVE AND THEN CROSS IT OFF

N WHAT'S THE NEW THOUGHT YOU WANT TO REPLACE IT WITH?

E WRITE IT DOWN, HIGHLIGHT IT AND REPEAT IT 7 TIMES

W WHAT DOES GOD'S WORD SAY? LOOK UP SCRIPTURE TO BACK UP YOUR TRUTH

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The 4S Framework™

SAYING

What are you **saying** to yourself? These are the thoughts in your head or the words you're saying out loud.

SETTLING

What's **settling** in your heart? This is what you're believing based on what you're saying to yourself.

STEPPING

How are you **stepping** into action? What action are you taking based on what you're believing & thinking?

SEEING

What are you **seeing** as a result of this? Outcomes that you're getting based on the actions you're taking.

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The 4S Backwards

SEE

What is the result you want to **see**?

STEPS

What are the **steps** you need to take to see it?

SETTLE

What needs to **settle** in your heart (believe) to take those steps?

SAY

What do you need to **say** to yourself to settle that in your heart?

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Chronological Bible Reading Plan

1. Genesis 1-3
2. Genesis 4-7
3. Genesis 8-11
4. Job 1-5
5. Job 6-9
6. Job 10-13
7. Job 14-16
8. Job 17-20
9. Job 21-23
10. Job 24-28
11. Job 29-31
12. Job 32-34
13. Job 35-37
14. Job 38-39
15. Job 40-42
16. Genesis 12-15
17. Genesis 16-18
18. Genesis 19-21
19. Genesis 22-24
20. Genesis 25-26
21. Genesis 27-29
22. Genesis 30-31
23. Genesis 32-34
24. Genesis 35-37
25. Genesis 38-40
26. Genesis 41-42
27. Genesis 43-45
28. Genesis 46-47
29. Genesis 48-50
30. Exodus 1-3
31. Exodus 4-6
32. Exodus 7-9
33. Exodus 10-12
34. Exodus 13-15
35. Exodus 16-18
36. Exodus 19-21
37. Exodus 22-24
38. Exodus 25-27
39. Exodus 28-29
40. Exodus 30-32
41. Exodus 33-35
42. Exodus 36-38
43. Exodus 39-40
44. Leviticus 1-4
45. Leviticus 5-7
46. Leviticus 8-10
47. Leviticus 11-13
48. Leviticus 14-15
49. Leviticus 16-18
50. Leviticus 19-21
51. Leviticus 22-23
52. Leviticus 24-25
53. Leviticus 26-27
54. Numbers 1-2
55. Numbers 3-4
56. Numbers 5-6
57. Numbers 7
58. Numbers 8-10
59. Numbers 11-13
60. Numbers 14-15; Psalm 90
61. Numbers 16-17
62. Numbers 18-20
63. Numbers 21-22
64. Numbers 23-25
65. Numbers 26-27
66. Numbers 28-30
67. Numbers 31-32
68. Numbers 33-34
69. Numbers 35-36
70. Deuteronomy 1-2
71. Deuteronomy 3-4
72. Deuteronomy 5-7
73. Deuteronomy 8-10
74. Deuteronomy 11-13
75. Deuteronomy 14-16
76. Deuteronomy 17-20
77. Deuteronomy 21-23
78. Deuteronomy 24-27
79. Deuteronomy 28-29
80. Deuteronomy 30-31
81. Deuteronomy 32-34; Psalm 91
82. Joshua 1-4
83. Joshua 5-8
84. Joshua 9-11
85. Joshua 12-15
86. Joshua 16-18
87. Joshua 19-21
88. Joshua 22-24
89. Judges 1-2
90. Judges 3-5
91. Judges 6-7
92. Judges 8-9
93. Judges 10-12
94. Judges 13-15
95. Judges 16-18
96. Judges 19-21
97. Ruth
98. 1 Samuel 1-3
99. 1 Samuel 4-8
100. 1 Samuel 9-12
101. 1 Samuel 13-14
102. 1 Samuel 15-17
103. 1 Samuel 18-20; Psalms 11, 59
104. 1 Samuel 21-24
105. Psalms 7, 27, 31, 34, 52
106. Psalms 56, 120, 140-142
107. 1 Samuel 25-27
108. Psalms 17, 35, 54, 63
109. 1 Samuel 28-31; Psalm 18
110. Psalms 121, 123-125, 128-130
111. 2 Samuel 1-4
112. Psalms 6, 8-10, 14, 16, 19, 21
113. 1 Chronicles 1-2
114. Psalms 43-45, 49, 84-85, 87
115. 1 Chronicles 3-5
116. Psalms 73, 77-78
117. 1 Chronicles 6
118. Psalms 81, 88, 92-93
119. 1 Chronicles 7-10
120. Psalms 102-104

Chronological Bible Reading Plan

121. 2 Samuel 5; 1 Chronicles 11-12
122. Psalm 133
123. Psalms 106-107
124. 1 Chronicles 13-16
125. Psalms 1-2, 15, 22-24, 47, 68
126. Psalms 89, 96, 100-101, 105, 132
127. 2 Samuel 6-7; 1 Chronicles 17
128. Psalms 25, 29, 33, 36, 39
129. 2 Samuel 8-9; 1 Chronicles 18
130. Psalms 50, 53, 60, 75
131. 2 Samuel 10; 1 Chronicles 19; Psalm 20
132. Psalms 65-67, 69-70
133. 2 Samuel 11-12; 1 Chronicles 20
134. Psalms 32, 51, 86, 122
135. 2 Samuel 13-15
136. Psalms 3-4, 12-13, 28, 55
137. 2 Samuel 16-18
138. Psalms 26, 40, 58, 61-62, 64
139. 2 Samuel 19-21
140. Psalms 5, 38, 41-42
141. 2 Samuel 22-23; Psalm 57
142. Psalms 95, 97-99
143. 2 Samuel 24; 1 Chronicles 21-22; Psalm 30
144. Psalms 108-110
145. 1 Chronicles 23-25
146. Psalms 131, 138-139, 143-145
147. 1 Chronicles 26-29; Psalm 127
148. Psalms 111-118
149. 1 Kings 1-2; Psalms 37, 71, 94
150. Psalm 119
151. 1 Kings 3-4
152. 2 Chronicles 1; Psalm 72
153. Song of Solomon
154. Proverbs 1-3
155. Proverbs 4-6
156. Proverbs 7-9
157. Proverbs 10-12
158. Proverbs 13-15
159. Proverbs 16-18
160. Proverbs 19-21
161. Proverbs 22-24
162. 1 Kings 5-6; 2 Chronicles 2-3
163. 1 Kings 7; 2 Chronicles 4
164. 1 Kings 8; 2 Chronicles 5
165. 2 Chronicles 6-7; Psalm 136
166. Psalms 134, 146-150
167. 1 Kings 9; 2 Chronicles 8
168. Proverbs 25-26
169. Proverbs 27-29
170. Ecclesiastes 1-6
171. Ecclesiastes 7-12
172. 1 Kings 10-11; 2 Chronicles 9
173. Proverbs 30-31
174. 1 Kings 12-14
175. 2 Chronicles 10-12
176. 1 Kings 15; 2 Chronicles 13-16
177. 1 Kings 16; 2 Chronicles 17
178. 1 Kings 17-19
179. 1 Kings 20-21
180. 1 Kings 22; 2 Chronicles 18
181. 2 Chronicles 19-23
182. Obadiah; Psalms 82-83
183. 2 Kings 1-4
184. 2 Kings 5-8
185. 2 Kings 9-11
186. 2 Kings 12-13; 2 Chronicles 24
187. 2 Kings 14; 2 Chronicles 25
188. Jonah
189. 2 Kings 15; 2 Chronicles 26
190. Isaiah 1-4
191. Isaiah 5-8
192. Amos 1-5
193. Amos 6-9
194. 2 Chronicles 27; Isaiah 9-12
195. Micah
196. 2 Chronicles 28; 2 Kings 16-17
197. Isaiah 13-17
198. Isaiah 18-22
199. Isaiah 23-27
200. 2 Kings 18; 2 Chronicles 29-31; Psalm 48

Chronological Bible Reading Plan

201. Hosea 1-7
202. Hosea 8-14
203. Isaiah 28-30
204. Isaiah 31-34
205. Isaiah 35-36
206. Isaiah 37-39; Psalm 76
207. Isaiah 40-43
208. Isaiah 44-48
209. 2 Kings 19; Psalms 46, 80, 135
210. Isaiah 49-53
211. Isaiah 54-58
212. Isaiah 59-63
213. Isaiah 64-66
214. 2 Kings 20-21
215. 2 Chronicles 32-33
216. Nahum
217. 2 Kings 22-23; 2 Chronicles 34-35
218. Zephaniah
219. Jeremiah 1-3
220. Jeremiah 4-6
221. Jeremiah 7-9
222. Jeremiah 10-13
223. Jeremiah 14-17
224. Jeremiah 18-22
225. Jeremiah 23-25
226. Jeremiah 26-29
227. Jeremiah 30-31
228. Jeremiah 32-34
229. Jeremiah 35-37
230. Jeremiah 38-40; Psalms 74, 79
231. 2 Kings 24-25; 2 Chronicles 36
232. Habakkuk
233. Jeremiah 41-45
234. Jeremiah 46-48
235. Jeremiah 49-50
236. Jeremiah 51-52
237. Lamentations 1-2
238. Lamentations 3-5
239. Ezekiel 1-4
240. Ezekiel 5-8
241. Ezekiel 9-12
242. Ezekiel 13-15
243. Ezekiel 16-17
244. Ezekiel 18-20
245. Ezekiel 21-22
246. Ezekiel 23-24
247. Ezekiel 25-27
248. Ezekiel 28-30
249. Ezekiel 31-33
250. Ezekiel 34-36
251. Ezekiel 37-39
252. Ezekiel 40-42
253. Ezekiel 43-45
254. Ezekiel 46-48
255. Joel
256. Daniel 1-3
257. Daniel 4-6
258. Daniel 7-9
259. Daniel 10-12
260. Ezra 1-3
261. Ezra 4-6; Psalm 137
262. Haggai
263. Zechariah 1-4
264. Zechariah 5-9
265. Zechariah 10-14
266. Esther 1-5
267. Esther 6-10
268. Ezra 7-10
269. Nehemiah 1-5
270. Nehemiah 6-7
271. Nehemiah 8-10
272. Nehemiah 11-13; Psalm 126
273. Malachi
274. Luke 1; John 1
275. Matthew 1; Luke 2
276. Matthew 2
277. Matthew 3; Mark 1; Luke 3
278. Matthew 4; Luke 4-5
279. John 2-4
280. Matthew 8; Mark 2

Chronological Bible Reading Plan

281. John 5
282. Matthew 12; Mark 3; Luke 6
283. Matthew 5-7
284. Matthew 9; Luke 7
285. Matthew 11
286. Luke 11
287. Matthew 13; Luke 8
288. Mark 4-5
289. Matthew 10
290. Matthew 14; Mark 6; Luke 9
291. John 6
292. Matthew 15; Mark 7
293. Matthew 16; Mark 8
294. Matthew 17; Mark 9
295. Matthew 18
296. John 7-8
297. John 9-10
298. Luke 10
299. Luke 12-13
300. Luke 14-15
301. Luke 16-17
302. John 11
303. Luke 18
304. Matthew 19; Mark 10
305. Matthew 20-21
306. Luke 19
307. Mark 11; John 12
308. Matthew 22; Mark 12
309. Matthew 23; Luke 20-21
310. Mark 13
311. Matthew 24
312. Matthew 25
313. Matthew 26; Mark 14
314. Luke 22; John 13
315. John 14-17
316. Matthew 27; Mark 15
317. Luke 23; John 18-19
318. Matthew 28; Mark 16
319. Luke 24; John 20-21
320. Acts 1-3
321. Acts 4-6
322. Acts 7-8
323. Acts 9-10
324. Acts 11-12
325. Acts 13-14
326. James
327. Acts 15-16
328. Galatians 1-3
329. Galatians 4-6
330. Acts 17
331. 1 & 2 Thessalonians
332. Acts 18-19
333. 1 Corinthians 1-4
334. 1 Corinthians 5-8
335. 1 Corinthians 9-11
336. 1 Corinthians 12-14
337. 1 Corinthians 15-16
338. 2 Corinthians 1-4
339. 2 Corinthians 5-9
340. 2 Corinthians 10-13
341. Romans 1-3
342. Romans 4-7
343. Romans 8-10
344. Romans 11-13
345. Romans 14-16
346. Acts 20-23
347. Acts 24-26
348. Acts 27-28
349. Colossians, Philemon
350. Ephesians
351. Philippians
352. 1 Timothy
353. Titus
354. 1 Peter
355. Hebrews 1-6
356. Hebrews 7-10
357. Hebrews 11-13
358. 2 Timothy
359. 2 Peter, Jude
360. 1 John
361. 2, 3 John
362. Revelation 1-5
363. Revelation 6-11
364. Revelation 12-18
365. Revelation 19-22