

WEEK 4 – Water & Juice (6am to 6pm)

Monday, January 27th 2025

John 6:35 NIV

³⁵Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

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Tuesday, January 28th 2025

Ephesians 6:10 NKJV

¹⁰Finally, my brethren, be strong in the Lord and in the power of His might.

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Wednesday, January 29th 2025

Philippians 4:13 NKJV

¹³I can do all things through ^[i]Christ who strengthens me.

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Thursday, January 30th 2025

Luke 18:1, 9-14 NLT

¹One day Jesus told his disciples a story to show that they should always pray and never give up.

⁹Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: ¹⁰“Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. ¹¹The Pharisee stood by himself and prayed this prayer^[b]: ‘I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I’m certainly not like that tax collector! ¹²I fast twice a week, and I give you a tenth of my income.’

¹³“But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, ‘O God, be merciful to me, for I am a sinner.’ ¹⁴I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

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Friday, January 31st 2025

Psalm 37:5-6 ESV

⁵Commit your way to the Lord;
trust in him, and he will act.

⁶He will bring forth your righteousness as the light,
and your justice as the noonday.