**![C:\Users\afoley\Pictures\New Folder (2)\MountainFellowship[1].jpg]()Month of Prayer and Consecration**

 Daily Fasting Time 6:30 am - 12:30 pm

 Daily Prayer Time 7:00 pm - 8:00 pm

 July 1st through July 31st

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Wed.-Sat. July 1st-4th**

PREPARING TO MOVE

**Positive Mental Attitude**

Encouragement in Christ – Philippians 2:1-30 ESV

But seek first the kingdom – Matthew 6:33 ESV

Abide in me – John 15:4-5 ESV

**Sun.-Sat. July 5th-11th**

MOVING FORWARD

**Healing and Restoration**

Jehovah Rapha, God our Healer - Exodus 15:26, Matthew 8:2-3, 17, Isaiah 53:4-5

There is a balm in Gilead, I will restore health to you - Jeremiah 8:22

**Sun.-Sat. July 12th-July 18th**

WHAT WE NEED AS WE MOVE FORWARD

P**eace and Comfort**

Peace of God which surpasses all understanding - Philippians 4:6-7

God…….who comforts us in all of our affliction - 2 Corinthians 1:3-4

**Sun.-Sat. July 19th-July 25th**

LIFE TRIGGERS

**Stress,Diet and Exercise**

Be anxious for nothing – Philippians 4:6-7, Psalms 55:22 ESV

And God said, Behold, I have given you every plant – Gen.1:29, I Cor.6:19-20 ESV

For while bodily training is of some value – I Tim. 4:8, I Cor. 9:27

**Sun.-Fri. July 26th-July 31st**

LIFE GIVERS

**Trust,Thank and Listening**

In the shelter of the Most High – Psalms 91:1-2

In everthing give thanks – I Thessaloninans 5:16-18

But whoever listens – Proverbs 1:33

He who has ears – Matthew 11:15

Whoever is of God hears the words of God – John 8:47