

30 DAYS OF COMMUNION

1. GIVE THANKS AND REMEMBER WHO HE IS AND HAS BEEN TO YOU
2. GIVE THANKS AND REMEMBER THE PRICE HE PAID FOR YOU
3. GIVE THANKS AND REMEMBER WHO HE SAYS YOU ARE
4. GIVE THANKS FOR PAST HEALINGS AND DECLARE FUTURE HEALINGS
5. GIVE THANKS AND BLESS YOUR FAMILY OR ORIGIN
6. GIVE THANKS AND REMEMBER THE PASSIONS AND SPECIFIC GIFTS HE HAS GIVEN YOU
7. GIVE THANKS AND REMEMBER HIS PROMISES FOR YOUR FAMILY
8. GIVE THANKS AND REMEMBER HIS JOY THAT IS YOUR STRENGTH
9. GIVE THANKS AND REMEMBER HOW HIS GRACE IS MORE THAN ENOUGH FOR YOU
10. GIVE THANKS AND REMEMBER HIS FRIENDSHIP TOWARDS YOU
11. GIVE THANKS AND REMEMBER HOW GOD HAS BEEN A GOOD, GOOD FATHER
12. GIVE THANKS AND REMEMBER THE FUTURE PLANS HE HAS FOR YOUR LIFE
13. GIVE THANKS AND REMEMBER HIS CALL FOR YOU TO MAKE DISCIPLES
14. GIVE THANKS AND REMEMBER FOR THE GIFT OF HIS HOLY SPIRIT LIVING INSIDE OF YOU
15. GIVE THANKS AND REMEMBER THE FRUIT HOLY SPIRIT WANTS TO PRODUCE IN YOU
16. GIVE THANKS AND REMEMBER HOW GOD PROVIDES FOR ALL YOUR NEEDS
(PHYSICALLY & FISCALLY)
17. GIVE THANKS AND REMEMBER GOD HAS GIVEN YOU AUTHORITY
18. GIVE THANKS AND REMEMBER THE HUMILITY OF CHRIST
19. GIVE THANKS AND REMEMBER THAT JESUS KNOWS ALL YOUR PAIN
20. GIVE THANKS AND REMEMBER GOD IS WORKING ALL THINGS OUT FOR GOOD
21. GIVE THANKS AND REMEMBER THERE IS NO LACK IN THE KINGDOM

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- 22. GIVE THANKS AND BLESS GOD FOR OTHERS IN YOUR LIFE
 - 23. GIVE THANKS AND BLESS YOUR ENEMIES
 - 24. GIVE THANKS AND BLESS YOUR LEADERS
 - 25. GIVE THANKS AND REMEMBER YOUR ETERNAL INHERITANCE THAT CAN'T BE STOLEN
 - 26. GIVE THANKS AND REMEMBER EVERY BATTLE YOU FACE HAS ALREADY BEEN WON
 - 27. GIVE THANKS AND REMEMBER THAT GOD'S LOVE IS PATIENT AND KIND
 - 28. GIVE THANKS AND REMEMBER YOU ARE A NEW CREATION, A PERSON WHO NO LONGER LIVES IN FEAR, SHAME OR GUILT
 - 29. GIVE THANKS AND REMEMBER THAT SIN AND DEATH HAVE NO HOLD ON YOU
 - 30. GIVE THANKS AND REMEMBER THAT GOD IS ALWAYS WITH YOU AND FOR YOU
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*Use actual bread or cracker and a something to drink. Communion is a spiritual exercise that requires physical elements. It is a marrying of the seen with the unseen – your Spirit (unseen) inside your body (seen) connecting with the Father, the Holy Spirit and Jesus who offered his body in the place of sin, death, sickness and disease for the life of the world (John 6:51)

*Use your voice. You don't have to speak loudly, just speak out loud. The sound waves of your voice effect that atmosphere around you for better when speaking and remembering God's blessings and promises.

*At the end of each day make it a habit to freely bless people by name and declare divine health and heaven's blessings over their lives. (If that wasn't already a part of that day's intention.)

*Always let the Holy Spirit lead you into any other words that need to be said.