

## **DAY 16~ RHEMI NATION 30 DAY FAITH & FITNESS CHALLENGE**

### **SCRIPTURE:**

"Do not even associate with a man given to angry outbursts; Or go [along] with a hot-tempered man, 25 Or you will learn his [undisciplined] ways And get yourself trapped [in a situation from which it is hard to escape]." (**Proverbs 22:24-25**).

### **DEVOTIONAL:**

#### **NO SHADE**

**Have you ever wondered what was blocking your growth?**

Are you under the shade of what someone spoke over you?

Perhaps they told you what you couldn't do or how you're not qualified for the job / situation? The youth of today call that kind of behavior SHADE! Shade by definition is: When others speak negatively over you without saying your name ~ SHADE when unchecked could stunt your growth.

What could you become if you got out from under that shade?

**How high could you go if you made some adjustments?**

The good news is that the potential is in you. NOT WHAT SOMEONE SAID ABOUT YOU or any limitations around you. You can still become who you were created to be.. You are a child of the King. He created you to rise higher, to be successful, to be confident, to leave your mark. ~because *greater is HE that is in you, than he that is in the world.*

### **NOW LETS EVALUATE:**

One thing that can easily stunt your growth is the people with whom you're spending time. You need to evaluate your friendships. Are they making you better, pushing you up higher, inspiring you to reach your dreams? Or are they causing you to compromise, to be mediocre, to take the easy way out? Be Careful that you don't become like the people you continually associate with because Spirits are transferable.

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**Remember, IRON SHOULD SHARPEN IRON!**

**MAKE THIS DECLARATION ...I will NOT accept the Shade!**

~It's My Comeback Season!

~My Comeback is Here!

~My Comeback is Real

~My Comeback Is Now!

~My Comeback is Tangible!

***GOLDEN NUGGET:** At this point of your life, you don't have room for critics. Everyone around you should be in your corner, cheering for you to make it. They all should be adding to your success or you have to separate yourself from them.*

**PRAY 10 MINUTES**

**FITNESS 15 MINUTES**

~Stretch 2 Minutes (Arms, Legs, Back)

~Arm Curls 2 Minute (With weights or without)

~Toe Touches 1 Minute

~Sit in Chair & Stand Up 1 Minute

~Rest 1 Minute

~Fast Walk 5 Minutes

~Walk 3 Minutes