

Cornerstone Missionary Baptist Church
"Spirit, Soul and Body"
I Thessalonians 5:23-24

40 Day Total Life Commitment & Accountability
Information Sheet

The Cornerstone Missionary Baptist Church will embark upon a *40 Day Total Life Commitment and Accountability* starting January 11, 2012 and ending February 19, 2012. A forty (40) something time period whether days, months, or years is always a period of testing or trial probation and ends with a period of restoration, revival or renewal as a continuing life changing experience for our spirits, souls and bodies.

The essence of these 40 days of commitment and accountability is to unite and mobilize the saints of the Stone to commit to 40 **consecutive** days consisting of the following:

1. Each individual is to make a special commitment to devote themselves wholeheartedly for 40 **consecutive** days by signing up on the commitment list.
2. Every member **must** be in an accountability group (which may consist of 3-5 people) participant forms are in the vestibule. Within the accountability group designate a lead person to make daily progress reports of each member by calling the church office at (510) 530-9166 or via email robertwatson1946@hotmail.com.
3. *40 Day Total Life Commitment and Accountability (Volume I)* devotional books will be available after church for a donation of \$15. If anyone is unable to obtain a devotional book, they may contact the church office @ (510) 530-9166 to arrange too acquire one.
4. Use the Daily Checklist Log to check off the items a-e below in your devotional book on page 3:
 - a) To have a daily 40 minutes quiet time with the Lord.
 - b) Commit to do 40 minutes of exercise/walking daily.
 - c) Drink eight-8 ounce (equals 64 oz) glasses of water daily. **No sodas, caffeine, energy drinks, beer or alcoholic beverages and no cigarettes).**
 - d) Eat healthy foods for 40 days (i.e., skinless meats, consume fruits and vegetables, low-fat salad dressings, and eating healthy portions). **No fried foods, foods high in sodium, avoid fast foods (MacDonald's, Burger King, Kentucky Fried Chicken, Popeye's etc.)**
 - e) No eating after 7:00 p.m. for 40 days.
5. Overflowing blessings – Commit to 40 days of trying God by tithing.
6. Commit to a health check-up within 40 days, for example men - prostate exam, PSA test, blood pressure etc.; and women – breast exam, PAP smear etc. (see health resources on pages 9-10).
7. Commit to reading the Daily Devotionals in the book.

If anything is unclear or you have any questions please ask Bro. Robert Watson or one of the *40 Day Total Life Commitment and Accountability* committee member.

Remember after the end of this 40 Day Journey, we can anticipate to hear God say, *job well done my good and faithful servants!*