



# MEAL PLAN

• BASED ON 1 THESSALONIANS 5:12-28 •

## MONDAY

PRAY CONTINUALLY

## TUESDAY

GIVE THANKS IN ALL  
CIRCUMSTANCES

## WEDNESDAY

AVOID EVERY KIND OF EVIL

## THURSDAY

BE PATIENT WITH EVERYONE

## FRIDAY

RESPECT THOSE WHO ARE  
OVER YOU IN THE LORD

## SATURDAY

ENCOURAGE THOSE THAT NEED  
ENCOURAGEMENT

## SUNDAY

BE JOYFUL ALWAYS

"MAY GOD HIMSELF, THE GOD OF PEACE,  
SANCTIFY YOU THROUGH AND THROUGH..."