

JOHN 15:5

# PLANTED

DIRECTION, DISCIPLINE, FAITH, SOUND MIND



A 40 DAY WALK WITH MESSIAH

STA'PHAN & BRITYAH CADOT

*Bloom*  
*For Yah*  
MINISTRY



# THE ONLY WAY TO BEAR GOOD FRUIT

*"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing"*

*John 15:5*

*Bloom*  
*For You*  
MINISTRY

# WHAT IS A “HABIT”?

A habit is a regular behavior or routine that is repeated frequently and often subconsciously. It is usually acquired through repetition and becomes an automatic response to specific situations or triggers. Habits can be beneficial, neutral, or detrimental depending on their nature and the context in which they are practiced.



# EXAMPLES OF HEALTHY HABITS INCLUDE...

Scripture

Hydration

Exercising

Reading

Hygiene

Nutrition

Organisation

Hobbies

# Why?



## Walking With Messiah: Your Mission

Begin by taking a fresh sheet of paper. Write down today's date, then list 10 goals you aspire to achieve within the next year. Frame these goals in the present tense, using statements like "I earn," "I'm free from," "I believe," "I have," "I own" or "I weigh." After compiling your list, imagine you can be granted one goal from your list within 24 hours. Identify which goal would have the most significant positive effect on your life; this should stand out to you. Circle that goal and transfer it to a new sheet of paper, then proceed to give it to Yahuah and take action on it through your mission.

*Commit your works to Yahuah and your plans shall be established.*

*Proverbs 16:3*

# Scripture Meditation

Give us this day our daily bread.

-Matthew 6:11



# Subject Your Flesh

Nutrition  
Exercise  
Rest



# Your Body Is a Temple

Regular hydration is fundamental to maintaining bodily functions. Water aids digestion, regulates body temperature, and helps eliminate toxins. Keeping hydrated is crucial for maintaining concentration and energy levels, which are especially important during busy school or work days.



Regular physical activity is a key habit for maintaining health. Exercise strengthens the cardiovascular system, builds muscle tone, and enhances mental health by releasing endorphins. It's vital for weight management and preventing lifestyle-related diseases.



Adopting the habit of eating nutritiously is vital for providing the body with essential nutrients. A balanced whole food diet supports physical health, aids mental function, and can prevent a range of chronic diseases, making it fundamental for overall well-being.



# Productive Time

Developing the habit of planning is essential for managing your time and resources effectively. It helps in organising your day-to-day tasks and long-term goals, reducing stress and enhancing productivity. For students, consistent planning is crucial for academic success.

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Engaging in hobbies regularly is a great way to relax and unwind. Hobbies provide a break from routine, stimulate creativity, and can enhance personal happiness and social interactions.

# Start Strong With A Rising Routine

Being organized in your personal and professional life can lead to reduced stress and increased efficiency. This habit helps streamline activities and responsibilities, allowing for a smoother execution of daily tasks.

## Sample “Planted” Schedule

6:00am: Wake up and jumping jacks/Prayer and State Mission Statement

7 am - 8 am: Workout/Water/shower  
Electric Smoothie

8 am - 8:30 am: Journaling/Scripture Meditation

8:30 am - 9:30 am: Commute to work

9:30 am - 6:00 pm: Work hours

6:00 pm - 7:00 pm: Commute home

7:00 pm - 9:00pm: Mission Work

9:30pm: Journal/Prayer/Sleep

# Conclusion



**"STAY FOCUSED, STAY RIGHTEOUS, TRAIN WITH PURPOSE"**