

Bethel Empowerment LV

RESET: 30 Days of Focus & Detox

“It’s time to put ourselves back in position to win.”

■ Vision for RESET

- Refocus your life, your family, and your walk with God.
- The Father will do in **30 days what should take a year**.
- Obey His instructions—He’s doing something **unusual and uncommon**.

■ Daily Practice

1. Get a printed 30-Day Calendar

- Place it somewhere you must see every day.
- Visit your calendar **at the start and close of your day**.

2. Bring Your Children Along

- Teach them discipline, focus, and faith.
- Invite them into your journey of renewal.

■ Family & Community Reset

- **Re-establish community in your home.**
- Choose at least **one day each week** to:
 - Sit at the table together for dinner.
 - Put away phones and distractions.
 - Share, laugh, and grow closer.

- **Establish regular touch points** with your children and spouse.

- Pray together.
- Share victories and challenges.
- Celebrate progress.

■ Remember

This is not an ordinary 30 days—

It's a **RESET**. It's a **refocus**. It's a call back to **victory, discipline, and uncommon breakthrough**.