

JOIN US

for Body & Soul[®] Fitness
PLANKSGIVING
2024



PLANKSGIVING 2024

INSTRUCTIONS



Download or screenshot the Planksgiving Guide



Complete weekly scripture readings



Complete daily plank challenges



Use the coloring page to track your progress. The word 'Thankful' represents one day, as does each leaf and flower



Share a photo on social media of you planking and tag Body & Soul® Fitness on Facebook or @werbodysoulfit on Instagram



You'll be entered to win our weekly giveaways through the month of November






week one

NOVEMBER 1-9

Giving Thanks for My Forever Friends

There are so many things to be thankful for, but one thing is my friends! Friends are a blessing, a special gift from God. God knew we would need close women connections on this journey. In 2021, the Lord moved one of my besties away to another state. She was more than just a friend! She was my co-instructor and like a sister to me! And then, two more of my dear friends moved out of state, too. It was a difficult time for me, struggling with these losses of those so dear to me not being near me anymore. Modern technology helps with texts and video calls, but it was not the same. Face to face connection; to see their eyes and smiles! Oh, how I missed that!




Jesus, my Savior and friend, reminded me that He calls us 'His' friends and we can rely on Him in that way. A song by Cain puts it like this, "I have found a friend in Jesus! He is everything to me!" My class dynamic has changed now that I am a solo instructor. The Lord has given me new confidence as a leader and showed me that He really is the giver of hope. He is trustworthy and He has taught me to say like Paul in Philippians 4:11b, "... I have learned to be content whatever the circumstances." He is the sustainer and giver of these relationships, and He continues to keep me connected with my besties on a new level!

I thank God that he is intimately involved in all my circumstances and knows what good he will bring out of each thing that happens! Now I (we) can say with the Psalmist, "GIVE THANKS TO THE LORD, FOR HE IS GOOD! HIS LOVE ENDURES FOREVER!"


by Rita Rabideau, Edison, NJ



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"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want." Phil 4:12





week two

NOVEMBER 10-16

Thankful For God's Mercy

Looking to the Thanksgiving holiday and what this year has brought to my family and me, the word "mercy" comes to mind. The Lord has been merciful to us in many ways, but in particular this past August, when in the midst of transitioning my in-laws from NC to MD to live near our family, my husband Steve's dad, Remo, took a turn for the worse, was hospitalized and in and out of consciousness. Remo was a very special man to me – my spiritual mentor who taught me the ways to live a focused, Christ-centered life. As my husband, Steve, and I made the trip to visit him for his last earthly days, we reflected on his life – his life as a child, his decision to follow Jesus, and the legacy he left for us as well as his grandchildren.

Of course, our first prayer was for God to extend the number of days for Remo's life on earth. As we arrived and spent time with him, we realized that the best gift God could give would be mercy - that special compassion that only comes from Him.

We realized that our desire for him to remain with us would not be Remo's desire, and God quickly showed us to ask Him for compassion and mercy, to carry Remo in His loving arms right into heaven. We asked the Lord for the willingness to release Remo and allow Jesus to bring him into the place He has prepared. In His mercy, God answered our prayers and we know that Remo is now with Jesus in heaven.

As our new Body & Soul® release focuses on heaven, these songs bring me comfort and strength and the reminder that there is more beyond the trials and tribulations of this life. We have the hope of heaven as believers. His mercies are new every morning.

by Teri Moscatelli, Bowie, MD



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"Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." Lamentations 3:22-23





week three


NOVEMBER 17-23

Giving Thanks in All Circumstances



In May, I was diagnosed with severe iron deficiency anemia. I was so very sick and it impacted every area of my life. I couldn't care for my family, teach class, or participate in much of my life at all. I needed infusions and surgery to course correct. It's been several months now and I'm getting better, but the healing is maddeningly slow. There are glimpses of restoration, but I'm not there yet. However, in the midst of the valley where I've found myself, I look back at the road I've traveled so far and see cause for much thanksgiving.

Thanksgiving comes both on the mountaintops and in the darkest valleys. It may be shouts on the mountaintops and desperate whispers in the valley, but the command for thanksgiving is the same. We give thanks to the Lord for His goodness, because no matter our circumstance, His love for us endures forever.



Where do you find yourself today, friend? Are you shouting from the mountaintop? Have you given thanks to God for what He has done? Give thanks today for the blessings surrounding you and give credit to the Lord. Doing so gives a powerful witness to those around you and gives glory to the Lord as is due to Him.

If this finds you in the shadows of a valley, know that you are not alone there. I'm there too. It's easy to feel isolated in those hard places, but light pushes back the darkness, and praise is our weapon in the shadows. So begin with a whisper and let that build as you lean into His great love for you. It is as real in the valley as it is on the mountaintop. He will sustain and strengthen you as you move through it. He will not leave you there. He's making a way out for you and for me.



In the everlasting comfort of His love, we find our peace; we find our strength; we find our reason for thanks. Praise be to God! His love endures forever.

by Tracie Durham, N. Little Rock, Arkansas



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"Give thanks to the LORD, for he is good, for his steadfast love endures forever. Give thanks to the God of gods, for his steadfast love endures forever. Give thanks to the Lord of lords, for his steadfast love endures forever; to him who alone does great wonders, for his steadfast love endures forever." Psalm 136:1-4






week four

NOVEMBER 24-30

Giving Thanks for Heaven



I have a new reason to give thanks for heaven. My Dad's life on this earth ended this year with his last breath on May 1st and I know he is there because he believed that Jesus is God's Son and his personal Savior. He was 97 and had lived a full life. He was a runner and a great athlete all of his life. His mile relay team at Texas A&M was All American during his years there and he was inducted into the Hall of Fame. He also competed in the Senior Games many years as a biker, swimmer and eventually a race walker.



Dad spent his last year near me in Bryan, Texas. I was available to visit him almost daily at his Retirement Community home. We read about heaven often. We read the Bible and we read from Randy Alcorn's book, "50 Days of Heaven." The biblical teaching about heaven gave my Dad hope especially in his final years when life wasn't going as he had hoped it would. It was such a blessing to read about heaven together and it also gives me hope - now I know that my Dad is present with the Lord as well as with my Mom and other loved ones there.

I know that the "New Heaven and New Earth" are coming! We will all be given new bodies, living on a new earth, and God will dwell with us and we shall be His people. God will wipe away every tear from our eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away. Hallelujah! (from Revelation 21:3-4).

It makes it easy to give thanks when such joy lies ahead!

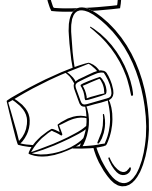
by Lee Ann Postma, College Station, TX




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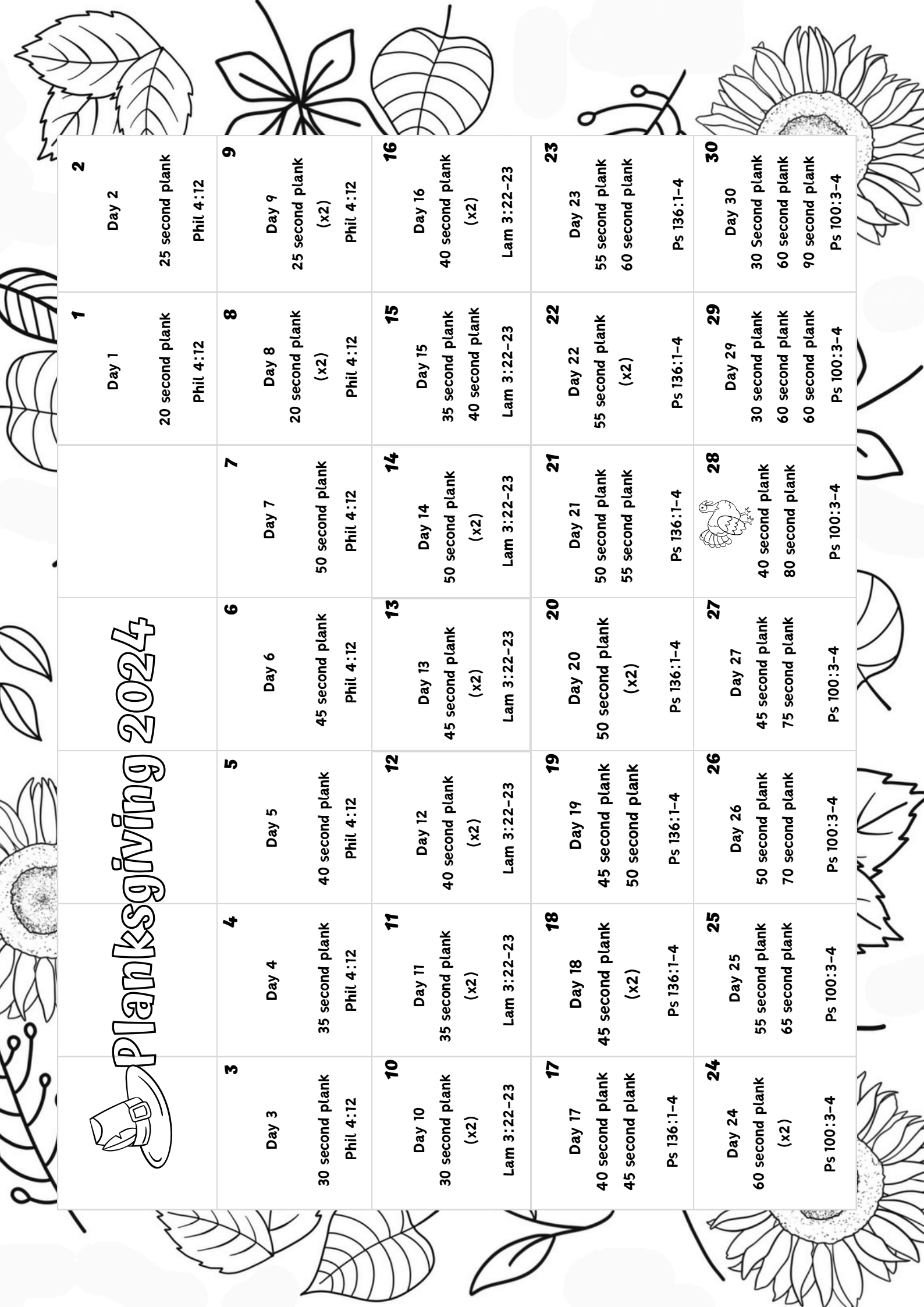
"Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!" Psalm 100:3-4





Planksgiving 2024

3 Day 3 30 second plank Phil 4:12	4 Day 4 35 second plank Phil 4:12	5 Day 5 40 second plank Phil 4:12	6 Day 6 45 second plank Phil 4:12	7 Day 7 50 second plank Phil 4:12	8 Day 8 20 second plank (x2) Phil 4:12	9 Day 9 25 second plank (x2) Phil 4:12
10 Day 10 30 second plank (x2) Lam 3:22-23	11 Day 11 35 second plank (x2) Lam 3:22-23	12 Day 12 40 second plank (x2) Lam 3:22-23	13 Day 13 45 second plank (x2) Lam 3:22-23	14 Day 14 50 second plank (x2) Lam 3:22-23	15 Day 15 35 second plank 40 second plank Lam 3:22-23	16 Day 16 40 second plank (x2) Lam 3:22-23
17 Day 17 40 second plank 45 second plank Ps 136:1-4	18 Day 18 45 second plank (x2) Ps 136:1-4	19 Day 19 45 second plank 50 second plank Ps 136:1-4	20 Day 20 50 second plank (x2) Ps 136:1-4	21 Day 21 50 second plank 55 second plank Ps 136:1-4	22 Day 22 55 second plank (x2) Ps 136:1-4	23 Day 23 55 second plank 60 second plank Ps 136:1-4
24 Day 24 60 second plank (x2) Ps 100:3-4	25 Day 25 55 second plank 65 second plank Ps 100:3-4	26 Day 26 50 second plank 70 second plank Ps 100:3-4	27 Day 27 45 second plank 75 second plank Ps 100:3-4	28  40 second plank 80 second plank Ps 100:3-4	29 Day 29 30 second plank 60 second plank 60 second plank Ps 100:3-4	30 Day 30 30 second plank 60 second plank 90 second plank Ps 100:3-4



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