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| JANUARY  Hebrews  Praise  ~~Added sugars~~ | APRIL  1, 2 Peter  Random acts of kindness  ~~Buying extras/online~~ | JULY  James  Humor  ~~Worry~~ | OCTOBER  Psalms  Photography  ~~Movies/shows~~ |
| FEBRUARY  Lamentations  Intimacy  ~~Obsessive people-pleasing~~ | MAY  Mark  Nature  ~~Frequent email/online~~ | AUGUST  Matthew  Gratitude  ~~Food after 8 pm~~ | NOVEMBER  Luke  Journaling  ~~Complaining~~ |
| MARCH  John  Minimalism  ~~Lunch~~ | JUNE  1, 2, 3 John  Old friends  ~~Easy carbs~~ | SEPTEMBER  Malachi  New relationships  ~~Bread~~ | DECEMBER  Romans  Art  ~~Social media~~ |