

## WEEK 1 | NOV 1-7

### PSALM 28:7

"THE LORD IS MY STRENGTH AND MY SHIELD: MY HEART TRUSTS IN HIM, AND HE HELPS ME. MY HEART LEAPS FOR JOY, AND WITH MY SONG I GIVE THANKS TO HIM."

PSALM 28:7 STARTS WITH A PROCLAMATION OF WHO GOD IS. HE IS OUR STRENGTH AND OUR SHIELD. WHEN WE ARE FEELING WEAK, FEELING UNSAFE, FEELING LIKE LIFE IS OVERWHELMING, LET'S REPEAT THIS POWERFUL PROCLAMATION OF HOPE. BUT DON'T STOP THERE—THE NEXT STATEMENT IS EVEN MORE IMPORTANT; LET'S SHOUT OUT OUR TRUST. THE SIMPLE PHRASE "MY HEART TRUSTS IN YOU" IS A POWERFUL START TO LIVING WITH PEACE AND JOY. THE PSALM POINTS OUT THAT WHEN WE TRUST, WE ARE HELPED. GOD ANSWERS PRAYER. HE RESPONDS WHEN WE REACH OUT. HE KNOWS WHAT KIND OF HELP WE NEED. AND KNOWING THAT HELP IS ON THE WAY CAUSES OUR HEART TO EXULT—SOME VERSIONS TRANSLATE THIS AS "LEAP FOR JOY." OUR HEART IS FILLED TO THE POINT OF JOY-LEAPING AS WE TRUST. AND FINALLY, THAT JOY BURSTS OUT OF US IN GIVING THANKS. AS YOUR THANKSGIVING TRACKS WITH YOUR PLANKSGIVING THIS MONTH, IT IS OUR PRAYER THAT YOU WILL EXPERIENCE GOD'S HELP AND HIS DEEP JOY WITH A HEART FULL OF THANKSGIVING FLOWING FROM TRUST IN YOUR STRONG GOD WHO IS YOUR SHIELD. WILL YOU PROCLAIM YOUR TRUST IN GOD, YOUR STRENGTH AND YOUR SHIELD AND GIVE THANKS TO HIM ALL MONTH LONG?

#### DAY 1

WEDNESDAY, NOV 1ST  
20 SECOND PLANK

#### DAY 3

FRIDAY, NOV 3RD  
30 SECOND PLANK

#### DAY 5

SUNDAY, NOV 5TH  
40 SECOND PLANK

#### DAY 2

THURSDAY, NOV 2ND  
25 SECOND PLANK

#### DAY 4

SATURDAY, NOV 4TH  
35 SECOND PLANK

#### DAY 6

MONDAY, NOV 6TH  
45 SECOND PLANK

#### DAY 7

TUESDAY, NOV 7TH  
50 SECOND PLANK



## WEEK 2 | NOV 8-14

PSALM 107: 8-9

"LET THEM THANK THE LORD FOR HIS STEADFAST LOVE, FOR HIS WONDROUS WORKS TO THE CHILDREN OF MAN. FOR HE SATISFIES THE THIRSTY AND FILLS THE HUNGRY WITH GOOD THINGS."

PSALM 107 CELEBRATES ISRAEL'S RETURN FROM EXILE IN BABYLON. THROUGHOUT THE PSALM EXAMPLES OF FOUR DIFFERENT GROUPS CRYING OUT TO THE LORD FOR DELIVERANCE FINALLY EXPERIENCE REDEMPTION FROM THEIR CIRCUMSTANCES AND THE CONSEQUENCES OF THEIR SINS. IN RESPONSE, THEY ARE ENCOURAGED TO THANK THE LORD FOR HIS STEADFAST LOVE AND HIS WONDROUS WORKS!' THE FACT THAT THIS REFRAIN OF PRAISE IS REPEATED FOUR TIMES (VS. 8, 15, 21 AND 31) EMPHASIZES GOD'S DESIRE THAT WE NOT ONLY COME TO HIM IN OUR NEED BUT THANK HIM FOR HIS FAITHFULNESS. WHILE WE MAY NOT PHYSICALLY BE IN EXILE FROM OUR LAND, LAW AND CUSTOMS, CONTEMPORARY SINS AND CIRCUMSTANCES CHALLENGE US DAILY. WE WANDER FROM HIS WILL, ARE IMPRISONED THROUGH OUR DISOBEDIENCE, REGULARLY MAKE FOOLISH CHOICES, AND CAN FEEL SICK AND HELPLESS AS A RESULT OF EVIL AND DANGER IN THE WORLD. BUT GOD'S LOVE AND THE TRUTH OF HIS WORD REMAIN STEADFAST. WE TOO CAN CRY OUT TO THE LORD FOR HELP AND DELIVERANCE. WE CAN ASK THAT HE HELP US RETURN TO HIM AND THE TRUTH OF HIS WORD AND OBEY HIS WILL. AND WE CAN THANK HIM FOR HIS STEADFAST LOVE AND WONDROUS WORKS AND EXPERIENCE THE ETERNAL SATISFACTION ONLY HE CAN GIVE.

### DAY 8

WEDNESDAY, NOV 8TH  
20 SECOND PLANK (X2)

### DAY 10

FRIDAY, NOV 10TH  
30 SECOND PLANK (X2)

### DAY 12

SUNDAY, NOV 12TH  
40 SECOND PLANK (X2)

### DAY 9

THURSDAY, NOV 9TH  
25 SECOND PLANK (X2)

### DAY 11

SATURDAY, NOV 11TH  
35 SECOND PLANK (X2)

### DAY 13

MONDAY, NOV 13TH  
45 SECOND PLANK (X2)

### DAY 14

TUESDAY, NOV 14TH  
50 SECOND PLANK (X2)

## WEEK 3 | NOV 15-21

### PHILIPPIANS 4:6-7

“DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.”

AS THE TITLE OF LOUIE GIGLIO'S MOST RECENT BOOK SAYS, “DON'T LET THE ENEMY HAVE A SEAT AT THE TABLE.” WE CAN DEFEAT ANXIETY FROM THE ENEMY BY MEDITATING ON THE POWERFUL NAME OF THE GREAT I AM, YHWH. AS YOU SLOWLY BREATHE, THINK OF GOD CREATING ADAM FROM THE DUST OF THE GROUND AND BREATHING THE BREATH OF LIFE INTO HIS NOSTRILS. JUST AS ADAM INSPIRED GOD'S BREATH, GOD IS OUR INSPIRATION, TOO. WE HAVE THE BREATH OF LIFE. BE INSPIRED BY HIM. WHEN YOU EXHALE, LET YOUR STRESS, WORRY, AND ANXIETY BE EXPIRED ALSO. INHALE 4 SECONDS AND SAY THE FIRST SYLLABLE OF HIS NAME. EXHALE 6 SECONDS AND SAY THE LAST SYLLABLE OF HIS NAME. WE CAN STAY IN CONSTANT PRAYER WITH THE LORD, LITERALLY SAYING HIS NAME WITH EACH BREATH, ACCORDING TO RABBIS AND BIBLICAL SCHOLARS. THE SOUNDS PRODUCED BY THESE 4 LETTERS ARE THE SOUNDS OF BREATH. “YH” WHEN WE INHALE AND “WH” WHEN WE EXHALE. HE IS THE LIVING GOD AND HE GIVES LIFE. THE SOUND OF GOD'S NAME IS THE BREATH OF LIFE. HIS NAME IS THE FIRST SOUND FROM A BABY'S CRY AT BIRTH (“YH”) TO OUR LAST BREATH (“WH”). THAT LAST BREATH ON EARTH SAYING HIS NAME IS OUR FIRST BREATH IN HEAVEN WHEN WE SEE HIM FACE TO FACE. OH, WHAT A DAY THAT WILL BE! ARE YOU ANXIOUS TODAY? PRAY THE BREATHING PRAYER OF YHWH AND HE WILL GIVE YOU THE PEACE WHICH PASSES ALL UNDERSTANDING.

#### DAY 15

WEDNESDAY, NOV 15TH  
35 SECOND PLANK  
40 SECOND PLANK

#### DAY 17

FRIDAY, NOV 17TH  
40 SECOND PLANK  
45 SECOND PLANK

#### DAY 19

SUNDAY, NOV 19TH  
45 SECOND PLANK  
50 SECOND PLANK

#### DAY 16

THURSDAY, NOV 16TH  
40 SECOND PLANK (X2)

#### DAY 18

SATURDAY, NOV 18TH  
45 SECOND PLANK (X2)

#### DAY 20

MONDAY, NOV 20TH  
50 SECOND PLANK (X2)

#### DAY 21

TUESDAY, NOV 21ST  
50 SECOND PLANK  
55 SECOND PLANK



## WEEK 4 | NOV 22-30

### COLOSSIANS 2:7

“SO THEN, JUST AS YOU RECEIVED CHRIST JESUS AS LORD, CONTINUE TO LIVE YOUR LIVES IN HIM, ROOTED AND BUILT UP IN HIM, STRENGTHENED IN THE FAITH AS YOU WERE TAUGHT, AND OVERFLOWING WITH THANKFULNESS.”

HOW DO WE LIVE A LIFE OVERFLOWING WITH THANKFULNESS?? WELL, HOW DID YOU RECEIVE CHRIST? BY FAITH. HOW SHOULD WE LIVE OUR LIVES? BY FAITH. WHAT IS FAITH? FAITH IS BELIEF OR TRUST. BIBLICAL FAITH IS TRUST IN GOD AND IN HIS WORD. HIS CHARACTER IS THE OBJECT OF OUR FAITH. WE LIVE BY FAITH IN HIM AND WE CAN STRENGTHEN OUR FAITH. OUR FAITH IS ROOTED IN HIM AND IN HIS WORD. THE WORD OF GOD MATURES OUR FAITH. WHEN I READ THE SCRIPTURES AND BELIEVE THEM, I AM BUILT UP IN HIM. I KNOW THAT HE SEES ME AND HE KNOWS ALL CONCERNING ME. MY FAITH GROWS WHEN I ACKNOWLEDGE THE LORDSHIP OF CHRIST OVER EVERY PART OF MY LIFE. MY FAITH IS STRENGTHENED WHEN I TRUST HIM IN EVERY SITUATION. BIBLICALLY SOUND BOOKS ALSO ENCOURAGE ME TO TRUST IN HIM. I AM CURRENTLY READING ONE CALLED HEAVEN RULES BY NANCY DEMOSS WOLGEMUTH. SHE REMINDS ME THAT EVERYTHING IS HIS AND HE RULES OVER ALL. AS I AM REMINDED OF THAT, I REST IN HIS RULE, AND WALK IN FAITH MORE CONSISTENTLY. IF I CONTINUE TO LIVE BY FAITH, MAKING SURE THAT I AM BEING BUILT UP IN HIM, AND STRENGTHENED BY HIM, I WILL FIND MYSELF OVERFLOWING WITH THANKFULNESS TO OUR GREAT AND REMARKABLE GOD!

#### DAY 22

WEDNESDAY, NOV 22ND  
55 SECOND PLANK (X2)

#### DAY 23

THURSDAY, NOV 23RD  
55 SECOND PLANK  
60 SECOND PLANK

#### DAY 24

FRIDAY, NOV 24TH  
60 SECOND PLANK (X2)

#### DAY 25

SATURDAY, NOV 25TH  
55 SECOND PLANK  
65 SECOND PLANK

#### DAY 26

SUNDAY, NOV 26TH  
50 SECOND PLANK  
70 SECOND PLANK

#### DAY 27

MONDAY, NOV 27TH  
45 SECOND PLANK  
75 SECOND PLANK

#### DAY 28

TUESDAY, NOV 28TH  
40 SECOND PLANK  
80 SECOND PLANK

#### DAY 29

WEDNESDAY, NOV 29TH  
30 SECOND PLANK  
60 SECOND PLANK  
60 SECOND PLANK

#### DAY 21

THURSDAY, NOV 30TH  
30 SECOND PLANK  
60 SECOND PLANK  
90 SECOND PLANK



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