

I PROMISE:

C	To SET APART the first moments of each de commune with the Lord in PRAYER , throug Spirit of Prophecy and Sabbath School less and FAMILY WORSHIP .	h the Bible,	
	To IMPROVE my RELATIONSHIPS : growing faithfulness, forgiveness and loving by prin		
类	To ESTABLISH one new HEALTHY HABIT , to worship the Lord with my mind:	better	
	To OFFER one day (or evening) each week for God, spreading the good news to other: Bible Studies, small groups, etc. (TMI).		
7	To KEEP the SABBATH , preparing for it according for its limits, right thoughts and	0,	
10	To FAITHFULLY RETURN the Lord's TITHE (income).	10% of my	
%	To DEDICATE a regular percentage (%) income as a free will OFFERING to the Lord	,	
WITH GOD'S HELP: DATE:		DATE:	

