



REST

I AM GOING TO SLOW DOWN WITH GOD TODAY THROUGH PRAYING, LISTENING AND MEDITATING ON THE TRUTH OF GOD'S WORD.

EAT + ENGAGE

I WILL EAT/ENGAGE WITH OTHERS RELATIONALLY THIS WEEK.

ACTS OF LOVE

I WILL BLESS OTHERS THIS WEEK BY INTENTIONALLY DOING SOMETHING LOVING.

CONFESS

I WILL CONFESS SOME AREA OF MY LIFE WHERE I FELL SHORT, SINNED, OR FAILED RELATIONALLY.

HOME

WE WILL GROW AS A FAMILY THIS WEEK (THIS COULD ALSO INCLUDE ROOMMATE OR CLOSE FRIENDS).



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