

Week 1 Overview

Next Step Now

Below are your daily activities for week 1.

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1

Begin each day reading a Psalm and looking for the attributes of God

Approach this time as an interactive time with God. Let this activity spur you onto worship, praise, and humility as you focus on God.

2

Memorize Romans 12:1

Work on memorizing and meditating on Romans 12:1. Use the "Tips to Memorize Scripture" handout for help.

3

End each day with the Prayer of Examen

Learn to slow down and sit in God's presence. This evening prayer time teaches you to listen for God and ends your day focused on Him.

