

WEEK 7

SESSION:
THE DARK NIGHT OF THE SOUL

W E E K L Y P R A C T I C E

AM PRACTICE:

PAUSE APP 30 DAYS TO RESILIENCE
HAVENING & IMAGERY BRIDEGROOM

DAILY FASTING FOR BRIDEGROOM

PM PRACTICE:

PAUSE APP PM
WRITE 10 TIMES
BEAUTY TREATMENTS

W E E K L Y F O C U S

SPIRITUAL PRACTICE: FASTING
PSYCHOLOGICAL PRACTICE: FASTING

S C R I P T U R E

SONG OF SONGS 5 TPT

PRACTICE SITTING IN HIS LOVE:
Lean Back by Capital City Music