



Week 1

Practice + Activities

What's Covered in Week 1:

This week we will introduce the scripture memory verses we will be working on throughout our time. Look for the "Tips for Scripture Memory" worksheet and the "Why We Memorize Scripture" page to help you on this journey. In addition, we will focus on noticing the attributes of God throughout the Psalms. Look for the "Attributes of God" pages to help you with this part. Finally, we will end our days with the "Prayer of Examen". Look for this page for guidance as you start this practice.

Takeaways For This Section:

Be sure to watch the week 1 teaching! The teaching will explain each spiritual practice and give you a vision for the week. Make an effort to watch the teaching before beginning the weekly practices.

