

WEEK 1

WAKING UP TO WHO YOU ARE IN HIS KINGDOM

LIVE ZOOM:

REDISCOVERING YOUR IDENTITY WORTHY (DAUGHTER), LOVED (BRIDE), &
HIS SANCTUARY (PRIEST)

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

AM PRACTICE: PAUSE APP DAY 1 OF 30 DAYS TO RESILIENCE
WRITE 10 TIMES I AM WORTHY, LOVED, HIS SANCTUARY
READ EPHESIANS 2 AND 3 DURING THE WEEK STOP AND TAKE IT IN.

PM PRACTICE: TRY IN THE BED BEFORE YOU SLEEP
PAUSE APP DAY 1 EVENING
HAVENING: AFFIRMATION
HEART EXAMEN

W E E K L Y F O C U S

SPIRITUAL PRACTICE: PRACTICING PRESENCE
PSYCHOLOGICAL PRACTICE: MINDFULNESS

S C R I P T U R E

Ephesians 2-3

Study these and mine out every promise and good thing that
belongs to you.

Practice Presence by sitting and just listening.
Song: Love Note by Upper Room