

FOCUS FOR THIS
Season

filling

In your journal,

**COMPLETE
THIS SENTENCE...**

TODAY I FEEL

GLAD	MAD	SAD	EXCITED	AFRAID	
	ASHAMED	TENDER	OTHER		

1. READ Proverbs 4:23 ABOVE ALL ELSE, GUARD YOUR HEART,
FOR EVERYTHING YOU DO FLOWS FROM IT.

In your journal,

**COMPLETE
THIS SENTENCE...**

DEAR LORD, PLEASE FILL ME WITH

LOVE	JOY	PEACE			
PATIENCE	KINDNESS	GOODNESS	FAITHFULNESS	GENTLENESS	
		SELF-CONTROL			

gratitude

2. READ Philippians 4:6-7 DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.

LIST 3 ITEMS FOR WHICH YOU ARE GRATEFUL

RELATIONAL EVENTS An unrushed meal with friends, hanging with your kids, an encouraging conversation. // **ELEMENTS OF THE DAY** Beautiful sunset, fresh snowfall, migrating geese. // **SPECIFIC FOOD ITEMS** Strong coffee, fresh salad, grilled salmon.

identity

My identity is not formed by the sum of my failures or the sum of my successes. // My most defining identity is that I am a deeply loved child of the Father.

READ Ephesians 1:4B, 5 IN LOVE HE PREDESTINED US FOR ADOPTION TO SONSHIP THROUGH JESUS CHRIST, IN ACCORDANCE WITH HIS PLEASURE AND WILL.

In your journal,

WRITE OUT THESE WORDS:

This is _____ (your name), your treasured child.
