Gratitude	Gratitude	Gratitude	Gratitude
Begin by thanking God in a personal			
dialogue for whatever you are			
thankful for today.	thankful for today.	thankful for today.	thankful for today.
Gratitude	Gratitude	Gratitude	Gratitude
Begin by thanking God in a personal			
dialogue for whatever you are			
thankful for today.	thankful for today.	thankful for today.	thankful for today.
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thankful for today.	thankful for today.	thankful for today.	thankful for today.
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Begin by thanking God in a personal			
dialogue for whatever you are			
thankful for today.	thankful for today.	thankful for today.	thankful for today.

Awareness

Revisit the times when you were and were not the best-version-of-yourself. Talk to God about these situations and what you learned from them.

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Significant Moments Significant Moments Significant Moments Significant Moments Identify something you have Identify something you have Identify something you have Identify something you have experienced and explore what God might be trying to say to you through that event or person. that event or person. that event or person. that event or person. **Significant Moments Significant Moments Significant Moments Significant Moments** Identify something you have Identify something you have Identify something you have Identify something you have experienced and explore what God might be trying to say to you through that event or person. that event or person. that event or person. that event or person. **Significant Moments Significant Moments Significant Moments Significant Moments** Identify something you have Identify something you have Identify something you have Identify something you have experienced and explore what God might be trying to say to you through that event or person. that event or person. that event or person. that event or person. **Significant Moments Significant Moments Significant Moments Significant Moments** Identify something you have

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Peace Peace Peace Peace Ask God to forgive you for any wrong you have committed (against yourself, another person or Him) and to fill you with a deep and abiding peace. Peace Peace Peace Peace Ask God to forgive you for any wrong you have committed (against yourself, another person or Him) and to fill you with a deep and abiding peace. Peace Peace Peace Peace Ask God to forgive you for any wrong you have committed (against yourself, another person or Him) and to fill you with a deep and abiding peace. Peace Peace Peace Peace Ask God to forgive you for any wrong you have committed (against yourself, another person or Him) and to fill you with a deep and abiding peace. with a deep and abiding peace. with a deep and abiding peace. with a deep and abiding peace.

Freedom Freedom Freedom Freedom Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the best-version-of-yourself. the best-version-of-vourself. the best-version-of-yourself. the best-version-of-yourself. Freedom Freedom Freedom Freedom Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the best-version-of-yourself. the best-version-of-yourself. the best-version-of-yourself. the best-version-of-yourself. Freedom Freedom Freedom Freedom Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the best-version-of-yourself. the best-version-of-yourself. the best-version-of-yourself. the best-version-of-yourself. Freedom Freedom Freedom Freedom Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the best-version-of-yourself. the best-version-of-yourself. the best-version-of-yourself. the best-version-of-yourself.



The Living Word	The Living Word	The Living Word	The Living Word
Pray the Our Father			
In Jesus name, Amen.			
The Living Word	The Living Word	The Living Word	The Living Word
Pray the Our Father			
In Jesus name, Amen.			
The Living Word	The Living Word	The Living Word	The Living Word
Pray the Our Father			
In Jesus name, Amen.			
The Living Word	The Living Word	The Living Word	The Living Word
Pray the Our Father			
In Jesus name, Amen.			