

RED LETTER

CHALLENGE

THE CHALLENGES FOR THE WEEK OF BEING

FOCUS ON SEVERAL SPIRITUAL DISCIPLINES:

- Monday - Bible Reading - John 8:31
- Tuesday - Prayer - Matthew 9:38
- Wednesday - Worship - Luke 4:8
- Thursday - Solitude/Rest - Mark 6:31
- Friday - Fasting - Matthew 6:17
- Saturday - Celebrating God with others
- Luke 15:23
- Sunday - Sabbath - Mark 2:27

Focus on one discipline each
day this week.

RED LETTER

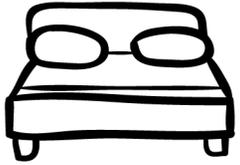
CHALLENGE

THE CHALLENGES FOR THE WEEK OF BEING

FOCUS ON SEVERAL SPIRITUAL DISCIPLINES:

- Monday - Bible Reading - John 8:31
- Tuesday - Prayer - Matthew 9:38
- Wednesday - Worship - Luke 4:8
- Thursday - Solitude/Rest - Mark 6:31
- Friday - Fasting - Matthew 6:17
- Saturday - Celebrating God with others
- Luke 15:23
- Sunday - Sabbath - Mark 2:27

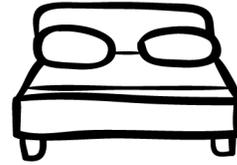
Focus on one discipline each
day this week.



WEEK OF BEING

Following your Week of Being, ask yourself these questions:

- ⇒ What do this week's disciplines look like in your life right now?
- ⇒ Which one of these comes easiest to you? Why?
- ⇒ Which one of these do you struggle with the most? Why is that?



WEEK OF BEING

Following your Week of Being, ask yourself these questions:

- ⇒ What do this week's disciplines look like in your life right now?
- ⇒ Which one of these comes easiest to you? Why?
- ⇒ Which one of these do you struggle with the most? Why is that?