



SPEND TIME THIS WEEK REFLECTING ON THE FOLLOWING QUESTIONS:

**#1** - Spend at least 30 min "soaking" this week, connecting with the presence of God in worship. This isn't time for ask for things or tell God how He should fix your situation. It can simply time to worship God, be it time spent sitting expressing your gratitude or engaging songs of worship and declaration, or simply resting in His presence.

**#2** - What do you think it would look like to, "Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God." (*Ephesians 5:2*)?

- Look for ways to live a life filled with Christ's love this week. Look for ways to serve someone this week as an act of love and worship... even if it costs you a little time, or resources.

**#3** - Reset Your Senses - Carry a few coffee beans with you this week. Pull them out at least once each day and pray a simple prayer like;

- "Jesus awaken and cleans my senses today, so that I can be aware of the smell of things around me that will lead me to death. And awaken my senses to the things in my life that have decayed... like religious attitudes, sinful desires, or a hardened and compassionless parts of my heart that doesn't emit the fragrance of your love and grace to those around me."

IMITATE GOD, THEREFORE, IN EVERYTHING YOU DO, BECAUSE YOU ARE HIS DEAR CHILDREN. 2 LIVE A LIFE FILLED WITH LOVE, FOLLOWING THE EXAMPLE OF CHRIST. HE LOVED US AND OFFERED HIMSELF AS A SACRIFICE FOR US, A PLEASING AROMA TO GOD. EPHESIANS 5:1-2 NLT