



Fresh, **HOME**made soul food!

THE BOOK OF ACTS  
THE UPSIDE-DOWN KINGDOM  
"KINGDOM R'N'R - PART 1"

### BREAKFAST MENU

1. Pray the Lord's prayer every day this week... as many times as you can throughout the day.
  - a. Find something to trigger your memory; Tie a string on your finger, write a note on your hand, wear a bracelet that reminds you, etc.

### LUNCH MENU



2. Read through the Book of James... or as Frank calls it... "Kingdom Religion for Dummies". Yes, read through the whole book... all 5 chapters (about 6 pages... that's like 1 page per day until next Sunday. You can do it... I believe in you. 😊)
  - a. Try to read it constantly listening for a better understanding of what Jesus' pure Kingdom religion really look likes.
  - b. But here's the most important part... don't you dare read it without first praying and making room for the Holy Spirit to write it on your heart, and not just in your head!

### DINNER MENU

3. In his letters to the followers of Christ in Corinth, Paul often references this idea that our lives function as letters to those around us, describing who Christ is and what His Kingdom looks like. As an "exercise of intention" this week, write a letter describing what you would like those around you to read about Jesus and His Kingdom as told through your life.