

## Session 1: Warm-Up



### GETTING PREPARED TO



#### Come Alive! Program Objectives:

- Become more aware of God's presence and plans for your life
- Establish a daily rhythm that draws you closer to God and honors Him
- Create new everyday habits for healthy eating and activity
- Encourage each other as Christian believers

The **Come Alive!** program is designed to help you live differently. You'll have the opportunity to see yourself and the world with a new set of eyes.

You'll be able to gently gaze upon yourself the way God looks at you: fondly, full of love and acceptance. With this new perspective in hand, and the support of your small group, you'll be able to "try on" time-honored and contemporary practices that connect yourself to God, and to others. (That's where the fun, play, joy, and heartfelt connection happen.) As you repeat your favorite practices, God will help you create a Christ-centered rhythm of life that is completely your own.

#### Beginning Prayer

Let's open our Warm-Up time with a moment to center our minds and be present with God. Sit in a comfortable place and relax your shoulders by rolling them in large circles forward and then backward. As you do this, breathe deeply five times. Allow yourself to disconnect from your day and pray, **God, open my heart and mind to Your wisdom as I seek to honor You with my whole life. Amen.**

#### Introductory Thoughts

"Wait a minute!" you may be thinking. "Honor God with my whole life is a big concept and an even bigger challenge to try to do!" You're right.

We all have many "plates" in the air that we're trying to balance: job, relationships with spouse, children, and friends, kids' activities, staying fit, trying to eat right, caring for ex-



tended family, helping at church, taking time to relax, getting enough sleep, and spending time with God (which often comes last). And then an unexpected crisis pops up, like an overflowing toilet, car repairs, sickness, job layoff, or a death in the family. Life can be overwhelming and exhausting—pulling us in too many directions.

Our culture says to trust our own strength and rely on willpower to keep everything in balance and to project the image of “having it together.” But that’s impossible, and eventually we fail. We resolve to try harder next time or trust that some new gimmick will make a difference.

Each time we fail, we lose more hope. Over time, we may lower our expectations or give up the dream of having the abundant life promised in John 10:10: *“I have come so that they may have life, and may have it abundantly” (NET).*

Fortunately for us, God has provided His guidance and wisdom with specific instructions and encouragement in the Bible to help us. Throughout our study we’ll rely on God’s Word to direct us to a deeper understanding of His plan for us to live in relationship with Christ. You’ll be reading Scripture, discussing its meaning, and finding ways to apply biblical principles with new practices into the **rhythm of your daily life**.

Have you ever noticed how so many aspects of creation have a rhythm? The beating of your heart, ocean waves crashing on the shore, raindrops, drum beats, birds singing, music playing, horses galloping, . . . and daily living. You live with a rhythm, a daily ebb and flow. Your daily rhythm might be comforting, slow, hurried, unpredictable, frazzled, working, or not working for you right now. And that’s okay. You’ll have time to find Christ’s unique rhythm for you as we take this journey together.



### **The Bible says that God has a plan for you.**

The **Come Alive!** program is firmly grounded in God’s Word, the Bible. Let’s start with a passage that explains God’s thoughtful design of your life, His understanding of you, and His care for you. Listen to this promise: *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11).*

From the beginning of time, God planned an amazing adventure for you. God loves you too much to leave you on earth without His best support team! He knows you need Jesus, the Holy Spirit, and God’s wisdom from the Bible to nurture your growth. God has exciting mysteries to reveal and experiences to share with you. He wants to provide a place of peace and rest, to encourage, and to motivate you with His hope-filled future.

## God loves you and wants you to be more like Him.

Paul wrote: *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will”* (Romans 12:2).

Notice that God gives us a new perspective (“by the renewing of your mind”). God knows that the world will pressure you to prioritize your life according to its value system. But God has deeper, richer, more meaningful plans. God loves you so much that He wants your heart and mind to be transformed to be like His heart and His mind. Then you will be able to recognize God’s will and have the power of the Holy Spirit to guide your way.

God also gives a new pattern for living (“Do not conform to the pattern of this world”). The **Come Alive!** program will help you experience transformation through spiritual and physical practices that create new daily rhythms. Remember, these are **new personal practices**, so they may not feel 100% comfortable the first few times. Feel free to modify them for your unique needs. Over time you will find that certain practices become your favorites and they become a “comfortable place” to connect with God and be in His presence.

### Try This.

Imagine your body is a valuable asset of God’s team to fulfill His holy purposes. Your body depends on you to nourish it so you can live fully as you serve with Christ!

How would you care for your mind and body differently, knowing that your unique, one and only heart, mind, and body is a precious asset needed for fulfillment of God’s purposes on earth? \_\_\_\_\_

## The Power of Christian Community

Unfortunately, our culture and our hectic lifestyles often work against us. But we are not alone. We have God and our Christian brothers and sisters to share our journey’s difficulties and rejoice in our daily victories. When we abide in God’s plan, God and our small group help us change and make a transformation that will last.

The Apostle Paul reminds us of the power of love, community, and unity through Christ in Ephesians 4:16 (NLT): *“He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.”*

God directs us to help each other. Together we can share stories of success, of failure, and of new perspectives in order to become healthier in body and grow in love. Scientific research confirms that **Christian small groups centered in love, trust, and accountability are uniquely powerful environments to create and maintain healthy lifestyle transformations.**<sup>1</sup>

During small group time, you will share a holy place of Christian unity and fellowship. This will be a safe place where you can be open and unguarded as you talk about many aspects of life: spiritual, physical, emotional, and relational. When you practice connecting with God in community, you will nourish your soul and begin to embrace the rhythmic ebb and flow of the abundant life God desires for you.

## Come Alive! Principles

God's love and guidance for us comes directly from the Bible. During our journey together we will draw encouragement and direction from these three Biblical principles.



### **Seek God First—Desiring to please God with all my heart**

- Creating a time and place to be with God: talking with God throughout each day
- Getting comfortable with change: becoming ready to let God change you
- Using God's priorities to shape the rhythm of your day



### **Love and Be Loved—Accepting God's love and letting it flow in me and through me**

- Accepting God's love for you exactly as you are
- Sharing in Christian relationship: accepting, loving, and holding one another accountable
- Listening: slowing down to truly pay attention and be present with each other



### **Honor God with My Body—Nurturing and caring for the gift of my body**

- Adding nutritious whole food and water to your day
- Finding ways to get moving
- Discovering fun, joy, and ease in your new daily practices

## Going Deeper

Review and reflect on these Scriptures for each principle.



### **SEEK GOD FIRST**

*Desiring to please God with all my heart*

*"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."  
Matthew 6:33 (KJV)*

*"If . . . you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul."  
Deuteronomy 4:29*

*"Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD.  
Jeremiah 29:12-14.*

Read one of these passages a few times slowly. What words or phrases bring a new insight for you?

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Notice that God says “You will seek me.” God already knows that we will seek for our Creator, that we will want to know God. In the depths of our heart, God designed us to need to connect with Him. God gently reassures us that He will listen when we seek Him. **And we will find Him**, when we seek God honestly and diligently with all of our heart. What an amazing promise! If you are struggling to feel connected to God right now, take this biblical truth to heart: **When you seek God, you will find Him.**

To love God with all your heart, you have to know God. That means you’ll need to spend some time with Him, to learn who He is and to learn who you are in relation to Him. Seeking God first through daily spiritual practices will play an important role in your spiritual growth.

Our busy twenty-first century lifestyles are often in conflict with leading a God-centered life. That’s why the **Come Alive!** program places an emphasis on taking time to pray, meditate, and engage in other spiritual practices.

The Bible is our greatest tool to learn of the character of the Creator of the universe, to learn what Jesus has done for us, to be assured that the Holy Spirit is present with us. **You belong to God** and have the inheritance of all of God’s promises in the Bible. We will study and absorb these biblical truths and many more:

- You are God’s masterpiece.
- God has a plan and purpose for your life.
- If you seek God, you will find Him.
- You can cast out fear and worry because God is in control.
- You can accept and rest in God’s grace and forgiveness.
- God has given you the Holy Spirit to work in the rhythm of your life.
- You can trust that God is always with you, not judging, but loving and guiding you.
- You can relax in God’s presence, spending time with Him and listening to Him.
- God gives you His peace, hope, joy, and love here on earth and eternally in heaven.



## Reflection

Is there a certain time of day that you spend alone with God? \_\_\_\_\_

What part of the **Seek God First** principle do you feel you need more of in your life? \_\_\_\_\_



## LOVE AND BE LOVED

*Accepting God’s love and letting it flow in me and through me*

We were created by God to be in community—to need fellowship, to find joy in our relationships, to accept others, and to accept ourselves. Sometimes accepting ourselves can be more challenging than accepting others!

These passages teach us how God wants us to live with other believers.

*"Now you are the body of Christ, and each one of you is a part of it." 1 Corinthians 12:27*

*"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." Colossians 3:12-17*

The Bible teaches us that in true fellowship we can:

- enjoy safe settings where we can be real, vulnerable, and laugh at ourselves
- fully give and receive love and support
- understand our common struggles and not be judgmental

## **Reflection**

How do you like to give love to others? \_\_\_\_\_

How do you like to receive love from others? \_\_\_\_\_

When was the last time you laughed at yourself? \_\_\_\_\_



## **HONOR GOD WITH MY BODY**

### *Nurturing and caring for the gift of my body*

Scripture provides God's direction about our bodies and our life on earth:

*"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." 1 Corinthians 6:19-20 (NLT)*

You are God's masterpiece, created in the very image of God! Close your eyes, breathe in slowly and deeply, and let that sink in for a moment before you read the next passage.

*"So God created mankind in his own image, in the image of God he created them; male and female he created them. . . . Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'" Genesis 1:27, 29*

God designed plants to be an important part of providing nutrition for our bodies. His original perfect place for Adam and Eve to live was in the Garden of Eden, after all! Whole food plants provide a unique blend of fiber, phytonutrients, protein, carbohydrates, fats, enzymes, vitamins, and minerals. That's why we ask participants to fill more of their plate with whole food plants and eat less of other things (like overly processed food, meat, and dairy).

During the **Come Alive!** program, you will discover and apply **FIVE PROVEN STRATEGIES** to help you take care of your body:

- 1 Eat Delicious Whole Foods** that are high in fiber, phytonutrients, and omega-3 fats
- 2 Drink Water** throughout your day
- 3 Create a Mindful Approach to Eating**
- 4 Move More** in ways that get your heart pumping
- 5 Practice an Intentional Rhythm** of work, play, and rest



Please understand—the goal is not to make you a nutrition expert in this 8-session program! (Whew! You’ve got that going for you!) But instead, to help you learn and apply simple and practical strategies that will have the greatest impact on your health, your energy, and your weight. **You will be adding whole foods and ingredients** to your daily diet that are beautiful, tasty, and filling, and limiting some foods that offer little or no nutritional value. When we use the term “whole foods,” we mean foods, toppings, and ingredients that have been processed or refined as little as possible and are free from additives or other artificial substances.

### Reflection

In what way do you enjoy honoring God with your body? \_\_\_\_\_

### How do we know these strategies will work?

Not only is each strategy based on volumes of long-term studies that show their positive impact on health, a successful study of the pilot version of our program in a church setting was published in the Center for Disease Control (CDC) *Preventing Chronic Disease Journal*<sup>1</sup> (see the study at our Web site). Here are some of the highlights in the 8-week pilot study:

#### Strong engagement and lasting behavior change

- 90% of participants completed the 8-week program.
- Nearly 75% continued to maintain or lose weight in a 10-week follow-up.

#### Decreased risk of cardiovascular disease and diabetes

- The incidence of metabolic syndrome was reduced from 44% to 24% of the participants. (Metabolic syndrome is associated with increased risk of developing cardiovascular disease and diabetes and is defined by an individual having at-risk levels for at least three of the following five measures: waist circumference, triglycerides, HDL cholesterol, blood pressure, and fasting glucose.)
- Triglyceride levels (a heart disease marker) decreased 8% in women and 15% in men.

#### Effective and safe weight loss

- Women and men lost an average of 1.3 and 1.6 lbs., respectively, per week.
- Both BMI and body fat were reduced by 6%.
- Waist circumference was reduced by 12% in women and 11% in men.

#### Enhanced quality of life and self-reported wellness

- Reduced stress
- Improved emotional well-being



## Let's Get Started!

We hope that you are as excited as we are about the journey that you are about to begin. We pray for you to feel God's presence with you and your small group partners as you come together for session 1.

Before you start, you have one more task to complete:

### **Complete Your Personal **Come Alive!** Assessment**

Please fill out your **Personal Come Alive! Assessment right now or before your first session at [www.LivingAbundantlyMinistries.org](http://www.LivingAbundantlyMinistries.org)**. It will provide an accurate record of your starting point, which will be amazingly valuable at the conclusion of the program. Eight sessions from now, you will want to see the full extent of your Christ-centered transformation!

Please cut out the **Come Alive!** program card on the next page. You may use it as a bookmark, tape it to your mirror or your refrigerator, or put it in your car or at your desk. Put it anywhere that you will see it often. It will be a visual reminder of the three **Come Alive!** principles and a reminder that with the strength of Christ, you can do all things.





Small Group Program

## Session 1

### Let's Get Started!

*Where will you put me?*

*Ahh... Yes!*

*That's a good spot!*

## NOTES

A series of horizontal dotted lines for taking notes, spanning the width of the page below the 'NOTES' header.

## Session 1: Small Group

# COME! ALIVE!

GETTING PREPARED TO

### Program Overview

#### Objectives for Session One:

- Become more aware of God's presence and plans for your life
- Set the stage for God to bring change to your life
- Understand what the Bible says about spiritual and physical well-being
- Encourage each other as Christian believers

#### Centering and Prayer

**God, we invite Your presence. Open each person's heart and mind to Your wisdom and will as we seek to honor You with our lives, spiritually and physically. Amen.**



**A covenant will help us:**

- 1. Establish clear expectations for the group**
- 2. Keep the group focused and productive**
- 3. Hold members accountable to each other**
- 4. Divide tasks among group members**

**Feel free to share any questions or concerns as we create our covenant together. Fill in the blanks below.**

## Group **Covenant**

Our group's purpose is to come together in a Christian community in order to experience and share the **Come Alive!** program.

Our group will meet on \_\_\_\_\_ (day of the week) for 8 sessions  
from \_\_\_\_\_ until \_\_\_\_\_ (meeting times).

We will meet at: \_\_\_\_\_ (meeting location).

We will handle child care by . . . \_\_\_\_\_.

The following people will be responsible for these roles:

**Music Coordinator:** 1-2 people who coordinate music each session as needed.

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**Setup:** 1-2 people who prepare the room, make water available, and arrange the "Savor the Flavor" table. \_\_\_\_\_

**Cleanup:** 1-2 people who return the room to its original condition.

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**Prayer Coordinator:** 1-2 people who record joys and prayer requests. You may choose to have a prayer request book available for prayer concerns and joys. These can be lifted up at the end of each session in our closing prayer circle and/or e-mailed to the group.

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**Communications Coordinator:** 1-2 people who coordinate group communications via phone calls, e-mails, creating a Facebook page, etc. \_\_\_\_\_

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**Question Follow-Up:** This person will contact Living Abundantly Ministries with questions that were not resolved within the group time or in some other way. \_\_\_\_\_

**Movement Coordinator:** 1-2 people who lead movement each session.

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**Walk Coordinator:** 1-2 people who coordinate a group walk after each session and/or between sessions. \_\_\_\_\_

We will have water to drink during each session.

I agree to the following values for the group:

**Confidentiality:** Anything of a personal nature that is shared is never repeated outside of the meeting.

**Priority:** As long as I am in the group, I will give group meetings priority.

**Prayer:** I will support and pray for group members as we journey together through the **Come Alive!** program.

**Respect:** I will help create a safe environment for discussion, curiosity, emotions, and thoughtful questions. Although I may not agree with every action or opinion, I will not be judgmental but, instead, provide feedback in a sensitive, positive manner.

**Other Agendas:** I will not use our small group meetings to promote any health-related products or services.

**Time:** I will help ensure that group meetings begin and end on time.

When I am absent or late, I will: \_\_\_\_\_

## New Perspectives



### SEEK GOD FIRST

*Desiring to please God with all my heart*

In the Warm-Up, what resonated with you about the **Seek God First** principle?

\_\_\_\_\_  
\_\_\_\_\_

Can you think of a situation in your life when it was hard to put God first but you did it anyway?

\_\_\_\_\_ What was the result? \_\_\_\_\_

\_\_\_\_\_



### LOVE AND BE LOVED

*Accepting God's love and letting it flow in me and through me*

What resonated with you about the **Love and Be Loved** principle? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Which is harder for you, to give love or to receive it from others? \_\_\_\_\_

Why? \_\_\_\_\_

\_\_\_\_\_



## HONOR GOD WITH MY BODY

*Nurturing and caring for the gift of my body*

What resonated with you about the **Honor God with My Body** principle? \_\_\_\_\_

\_\_\_\_\_

Can you think of someone you know who honors God with their body? \_\_\_\_\_

What does that look like? \_\_\_\_\_

\_\_\_\_\_

How can you apply this principle in your life? \_\_\_\_\_

\_\_\_\_\_

### Your Personal **Come Alive! Assessment**

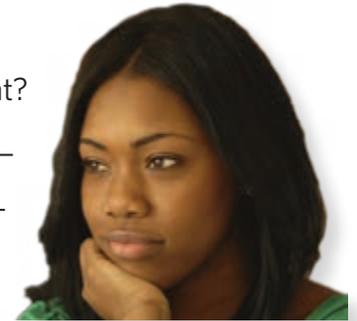
What did you learn about yourself from the online personal assessment?

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\_\_\_\_\_



#### Spiritual: Weighing the **Benefits**

How will I benefit if I change the rhythm of my day to improve my spiritual health?

- 1.
- 2.
- 3.

What benefits will I have if I stay the same?

- 1.
- 2.
- 3.

#### Physical: Weighing the **Benefits**

How will I benefit if I change the rhythm of my day to improve my physical health?

- 1.
- 2.
- 3.

What benefits will I have if I stay the same?

- 1.
- 2.
- 3.

In your group, brainstorm: What are the possible problems related to having your spiritual and physical health stay exactly the way they are today?

**Spiritual:**

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**Physical:**

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Of all the benefits of change that you listed, which is most important to you? \_\_\_\_\_  
 Why does that benefit motivate you? \_\_\_\_\_

## Movement

### Before We Start

**To receive the desired health benefits associated with exercising, work up to doing activities that raise your heart rate for a total of 30 minutes a day, 5 days a week. You can break up the 30 minutes into smaller increments. Currently, you may not exercise or you may have a regular exercise routine. This program is designed for everyone.**

If you haven't exercised in a while, take it slow. Be sure to check with your doctors to see what they recommend. Additional exercise guidance can be found online at [www.LivingAbundantlyMinistries.org](http://www.LivingAbundantlyMinistries.org).

In each session, we'll try just a few minutes of activity to give you examples of what you can add to your daily routine. Have fun with it.

Every movement session allows you to decide on the level of challenge. We'll start with the most basic way to do the activity (stay there for as long as you want). Then, when you are ready, you can make the activity more challenging.

### Heart Rate

Raising your heart rate through movement has many advantages.

Here are three:

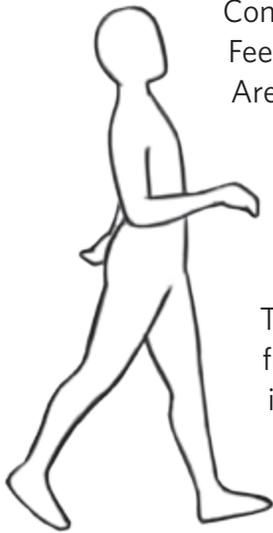
1. Reduces inflammation—one of the most important things you can do for your health. (You'll learn much more about inflammation in the Session 2 Warm-Up.)
2. Lifts a person's mood and promotes better sleep.
3. Promotes healthy aging.

### Mindful Walking

In this mindful activity, you simply bring your full attention to the act of walking.

With this technique, you become consciously aware of and absorbed in the movement of your body as you walk.





Concentrate on the feel of the ground under your feet or your breathing as you move. Feel your muscles as you lift your feet off the ground. How is your posture as you walk? Are your head, neck, shoulders, and stomach centered over your hips? Observe what is going on around you in the world. Observe everything that you think and experience, staying in the present moment as you do so. Now you're ready to increase your pace. Walk briskly and feel your heart rate increase. Continue to be present in the experience.

The great thing about this activity is that you can practice it anytime you walk. Mindfully engage yourself as you walk—on your coffee break, on your way to the subway, in short trips from one room to another, anytime that you walk.

When during the day can you take time for a walk? \_\_\_\_\_

Your assignment is to take some time each day this week and find some fun ways to move, stretch, and get your heart pumping. At our next session, be ready to share what you did.

## Spiritual Practice

### Emptying and Filling: Preparing Our Hearts

Imagine yourself holding a large, overstuffed backpack filled with obstacles that are holding you back from the life God wants you to lead. As we prepare for this journey, each of us may need to lighten our load and get rid of things that weigh us down, hold us back, or are no longer helpful. Our Spiritual Practice today will assist you in pouring out some of the obstacles that get in your way so that you are open for God to fill you with His love and wisdom.

### Pouring Out What Gets in the Way

Spread out in the room so each person has some private space. We are about to do a spiritual practice that is very private. What you write is between you and God. Be assured that no one will see anything that you write down.



Page 19 has brown cups with questions for you to fill in. In each cup, write one thing that gets in the way of living life to the fullest, something that stops you from fully coming alive in Christ. You may have a few or many items to write down. Think of specific areas of your life (home, work, habits, relationships, spiritual, physical, emotional, life stage, a pressing concern). Here's an example from one of our participants:

What gets in the way of you living a God-centered life? *I watch too much TV*

How is this thing serving a purpose for you? *I like the down time*

How is it affecting your relationship with God? *I have little time left for quality time with God and I'm tired all the time.*

The only right answers are the ones you know to be right. Let the Holy Spirit guide you. Take your time.

### **Pouring In More of God**

Keeping in mind the obstacles that you just “poured out,” take a few minutes to write on each cup (page 21) the blessings that you pray God will fill you with.

This may be a few or many items. Think of any area of your life (home, work, relationships, spiritual, physical, emotional) in which area would you like to experience more of God. For example, it could be God’s presence, joy, wisdom, or help with a certain problem. Write each one on your page. Let the Holy Spirit guide you.

Learning how God wants to change your heart to become more like His heart will take time.

Next, tear out what you’ve written on the pictures of the cups. Hold them in your hands. Take a moment to imagine how your life will be changed by being filled with each one of these blessings.

Now, fold them in half. Holding your pieces of paper, join in a circle with the others and follow the facilitator’s instructions.

Bow your head in prayer:

**Lord, we praise You, and we thank You for Your gifts. Help us to remember them each day, and transform our hearts as we put them to use. Amen.**

Take your cup home and keep it in a special place where you will see it. Take time throughout the week to read your list and to listen to the Holy Spirit for gifts to add to your list. You may want to put your cup in a place where you will see it every morning.



# Moving Forward



## Let's Get Started

Going forward, every time you feel God blessing you, take a second and write it down.

For the coming week, focus on a small, specific, and attainable action you can take in each area:



### SEEK GOD FIRST

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### LOVE AND BE LOVED

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### HONOR GOD WITH MY BODY

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## Getting ready for Session 2: The Rhythm of the Start of the Day

- Take time to read the Session 2 Warm-Up in your Participant Guide
- Bring your Participant Guide and a pen or pencil to the next session
- Bring your calendar or a device that has your calendar
- Bring a whole food (a food item that is not processed) that you enjoy for breakfast to share with the group for Savor the Flavor



**Join the group for a brisk walk right after the session.**

▪ What gets in the way of you living a God-centered life?

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▪ How is this thing serving a purpose for you?

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▪ How is it affecting your relationship with God?

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▪ What gets in the way of you living a God-centered life?

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▪ How is this thing serving a purpose for you?

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▪ How is it affecting your relationship with God?

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▪ What gets in the way of you living a God-centered life?

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▪ How is this thing serving a purpose for you?

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▪ How is it affecting your relationship with God?

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▪ What gets in the way of you living a God-centered life?

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▪ How is this thing serving a purpose for you?

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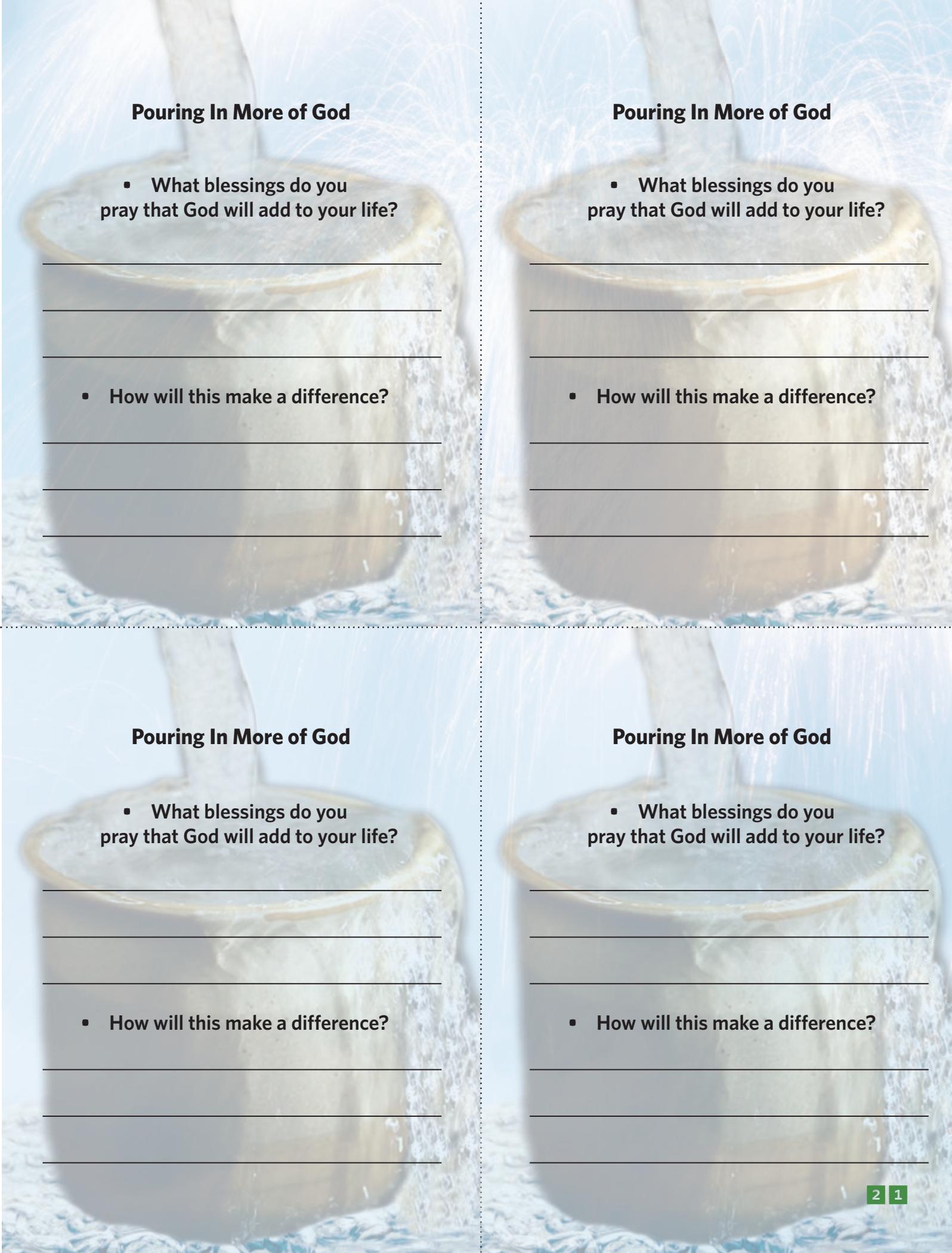
▪ How is it affecting your relationship with God?

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### Pouring In More of God

- What blessings do you pray that God will add to your life?

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- How will this make a difference?

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### Pouring In More of God

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