Opening A Door

This week we learned to knock and ask for the door to be opened, we looked back at a time when a door was opened that we did not anticipate, and we have been working to get to know ourselves and God more intimately. We have been in deep conversations with God this week and most likely your body is exhausted.

Activity for the Body

So, rest this week. Drink at least a half-gallon of water daily. Go to sleep earlier or take a nap during the day. Give your body a chance to refuel, to cleanse, and get stronger.

Record any thoughts that come to mind: