

Be Like a Child

This week we are relearning how to explore the world. We are opening our hearts to all that God has planned for us and learning how to engage in a healthier way with the world around us. We are growing more and more on fire for life!

Activity for the Body:

You are a child this week! Get into the sunshine! Let the light in! If you need to take a day off from work in order to see daylight, then schedule a day off. It is okay.

Go to the park, ride a bike, play in the sand... get active! Get dirty! Let your child out. Invite a friend to go with you or go it alone.

What did you do?

What did you learn about yourself?

What did you think about while you were in the sun?

What fears or anxieties came up for you?

How did you feel?

In what ways did you feel the "Son" shining through you?
