

Asking for Help

Congratulations! You did some heavy lifting this week. You took an intimate look back at a time in your life that needed a bit more healing. You mentally worked with 5 people to rewrite that time and may have even talked with a couple of people. You increased your physical activity and hopefully are feeling a little more excited about the world around you. So, today we are going to add to the fun and revisit those positive affirmations from last week.

Activity for the Soul:

Review your positive affirmations from last week. If you did not finish your list of at least 10 affirmations do that today!

Using your list or the index card that you created go stand in front of the mirror NOW and say those things out loud.

Note the way your body feels: _____

Note the way you sound: _____

Note your facial expressions: _____

Did you find an affirmation that caused you to cry? If so, note it here. _____

Did you find an affirmation that caused you to get angry? If so, note it here. _____

Did you find an affirmation that caused you to get excited or smile? If so, note it here. _____

Then pause for a moment and pray:

Lord, thank you so much for the incredible work that you are doing in my life. Some days some of these affirmations are hard for me to get through. I get frustrated, I get angry, I get sad, Lord. I know that you have walked with me through it all, you have seen it all, and know exactly what my heart needs. I am incredibly thankful for our time together and look forward to continuing to see what you will do in my life. I love you, Lord!