



Week 5: Conversation around Wholeness

Day 1:

Scripture Passage: Jeremiah 30:17

I will give you back your health and heal your wounds," says the Lord.

- What are some wounds that have prevented the Lord to work in your wholeness? Or, what were some wounds?
- Are you living the life of freedom that you deeply desire? If so, how is God's work transforming you? If not, what would it take?

Challenge:

- Make a list of God's promises and thank Him for His faithfulness

Day 2:

Scripture Passage: Psalm 29:11

The Lord gives his people strength. The Lord blesses them with peace.

- How are God's strength and peace bringing you joy today?
- In what ways are you seeing wholeness growing in your life?

Challenge:

- The Lord gives and blesses -- who can you give to and bless today?

Day 3:

Scripture Passage: 3 John 1:2

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

- How is pursuing wholeness in your life exuding light in the atmospheres you are in and in the people you are around?

- Your investment into you -- nurtures your soul (mind, will, emotions) -- are you making this a priority today? If so, how? If not, why not?

Challenge:

- Ask a safe, trusted friend how they are seeing you be transformed by the intentionality you are putting into your spiritual growth.

Day 4:

Scripture Passage: 1 Thessalonians 5:23

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

- In what ways do you need to experience a greater level of the peace of God?
- How does that connect to wholeness? How can it be kept blameless in a dark and chaotic world?

Challenge:

- Visualize your mind/thought life having a gate at the entry. What will you let in? What will you keep out?

Day 5:

Scripture Passage: Philippians 4:19

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus

- Have you felt taken care of by God today? In what ways is He supplying for all your needs?
- He has an ample amount of resources to care for your emotional, spiritual, relational, financial, and physical needs. How does that revelation anchor your wholeness to His goodness?

Challenge:

- Make a list of ways He has provided. Make a list of needs you have. Thank Him for the ways you know He will take care of you. Try keeping a gratitude journal for a month.