

Week #1:

1. What are your reflections on the sermon? What did you hear God say?
2. What fruit do you see in your life? Are you satisfied?
3. What does remain in Jesus mean to you? Talk with him about it.
4. What does remaining in his word mean to you? How do you do this?
5. What do spiritual disciplines mean to you? Can you thin for 100 days?
6. Review your week of journaling and reflect.