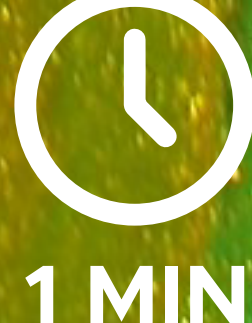


# FIFTEEN TO THRIVE

S P A C E



1 MIN

**Grab a journal.**

**Today we are going to practice walking with God.**

**Invite the Holy Spirit into your time with God and pause to recognize his presence with you.**



2 MIN

**Where am I today?**

**Start by taking an inventory of where you are spiritually. If helpful, use a feelings list (search feelings list on Google).**

**Write down whatever comes to mind - the good, the bad and/or the ugly.**



3 MIN

**Listen.**

**Shift your focus to listening to God. Ask Him what He has to say about your situation.**

**Practice listening to your breath, being attentive to the environment you are in, and looking for the Truth from God.**



4 MIN

**Write down what you hear.**

**As you position your heart to hear from God, write down anything you hear that might be from Him.**

**If you are prompted to search the Bible for a verse, write that verse down. Journal your thoughts on it.**



5 MIN

**Converse with God.**

**Now that you are ready to hear from God, you might find your spirit coming alive with things to say. They may be gratitude, laments, joys, needs, emotions, etc.**

**Whatever they are, write them directly to God as a conversation.**