

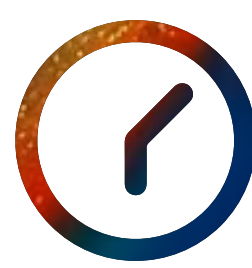
FIFTEEN TO THRIVE

WEEK 1 - CONFESSION



1 MIN

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



2 MIN

Read Psalms 139:23-24, preferably in your own Bible.

Grab a pen or pencil and mark up what immediately stands out to you.



3 MIN

Ask God to reveal to you what He wants for you during FIFTEEN TO THRIVE.

Sit in silence noticing where your mind wanders, looking for God's invitation to recognize sin, dissonance, uncomfortable emotions, and impurity in your behavior.



4 MIN

Re-read Psalms 139:23-24 very slowly, aloud if possible.

Look for a word or phrase that stands out to you. Ask God to show you how that relates to confession.

Have a conversation with God about what comes to your mind.



5 MIN

Journal to God the honest confession of what has been revealed to you today. As you journal, accept his forgiveness, even write about it, knowing that when you leave this place, you are forgiven by God.

Bonus - Call a friend today and share with them what was revealed in your time.