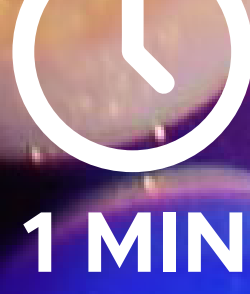


FIFTEEN TO THRIVE

W O R S H I P



1 MIN

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



2 MIN

Review your day with gratitude.



3 MIN

Read John 4:23-24.

Take note of what sticks out to you in this verse.

What is your spirit saying?



4 MIN

Behold Jesus.

Read John 1:29 and begin to think about who Jesus is, what he has done and what he represents.



5 MIN

Respond to God.

Worship God with your words and actions. Consider writing down or saying out loud your thoughts and feelings about the good news of God, being mindful of your spirit.

What is your spirit saying?