Journal: Seven Healthy Steps for Connecting to God, Community and Each Other Week of _____

PAUSE: How will I stop and make room for Jesus?

LEARN: What is God showing me in His Word this week?

WORSHIP: How am I connecting with God in worship this week?

PRAY: How am I dwelling intentionally with God every day?

What am I praying for my city this week?

BLESS: How am I sharing my faith, finances, time and abilities to bless my fellow believers?

BLESS: How am I sharing my faith, finances, time and abilities to bless my community?

GO: How am I crossing boundaries, showing compassion and living like Jesus in order to connect to my community?

REST: How am I receiving the gift of God's grace, peace and restoration?

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