

PAUSE FOR REFLECTION



LESSONS

What's something you sense the Lord was teaching you this semester?

NUTRITION AND EXERCISE

What do you like about this?
What do you find difficult?



NOTICE

How might what you are learning change you?
Where would you see it in terms of your head, heart, hands?

ASK THE LORD TO CONTINUE TEACHING AND FORMING YOU. WRITE THIS DOWN IF THAT HELPS YOU. IS THERE SOMEONE ELSE YOU WANT TO TALK WITH ABOUT YOUR LEARNING?