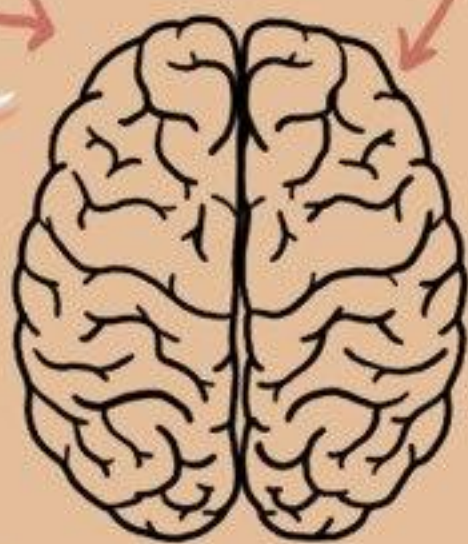


PROMPTS

simple statements or questions that help focus and clarify writing

left
more
"thinking"



right
more
"feeling"

can more readily access thoughts and facts

can more readily access feelings and explorations



Try this exercise in small groups and share!

STATEMENTS

I want to overcome ...
I feel more at peace when ...
If I released my fears ...
if I spoke my truth, I would say ...

QUESTIONS

Why do I feel out of place?
What would I do if I knew I could not fail?
Where am I going?
What is my heart's desire?

Remember to:

- Set a timer
- Don't let your pen leave the paper
- Even if nothing related to the question(s) come to mind, just continue writing

QUESTIONS (6 MINUTES EACH)

1. The #14dayjournalchallenge has been...
2. Jesus is someone whom I can...
3. What is the grace I need this season?

REFLECTION QUESTIONS

Read through what you've written.

Write a sentence to review what you've written.

What struck out to you as you read what you've written?

Share this in your small group.



I don't buy much anymore
I used to walk in circles
Around department stores
And the curved edges of
Barstools
Searching

But it's all seemed to dissolve
Into a more filling hunger
One that reaches
For the familiar black cotton dress
And the food that's been sitting in the pantry
Because I've stopped preparing for somebody
Stopped wandering endless circles
Trying to fill my empty spaces
With things

But this is what happens when survival
And status becomes our new obsession
We conflate our needs and wants
No wonder we are all so angry
Imagine believing you