

SOUL CARE

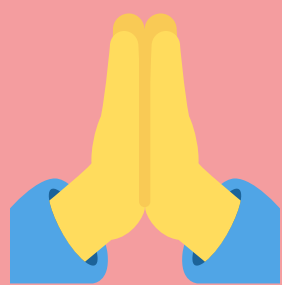
GROUNDING IN CHRIST



Grounding Week Two

THANKFUL HEART

Write in a journal 4 things you see, physically with your eyes, that you are thankful for.



PRAY

Take time daily to pray and share with Jesus what you are thankful for.

FOCUS

Purposely focus on the beauty in your day to day life.



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