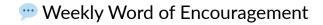


Week 1 - June 10: You Are Who He Says You Are
Key Bible Verses
Psalm 139:14 · Ephesians 2:10  □ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
∠ Reflection Questions
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)  Choose 1–2 practical ways to apply what you've learned:



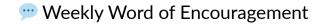


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 2 - June 17: Train Your Thoughts for Truth
Key Bible Verses
Romans $12:2 \cdot \text{Philippians } 4:8$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
3. What hight God be inviting you to believe, surrender, or change this week:
4. How can this truth shift the way you live or think today?
✓ Action Step(s)
Choose 1-2 practical ways to apply what you've learned:



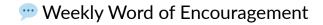


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 3 - July 1: Stay Close to Your Source
Key Bible Verses
John $15:5 \cdot Psalm \ 16:11$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
∠ Reflection Questions
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
Action Stop(s)
✓ Action Step(s)
Choose 1-2 practical ways to apply what you've learned:



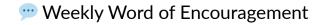


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 4 - July 8: Surrender Is Where Freedom Starts
Key Bible Verses
Proverbs $3:5-6 \cdot \text{Matthew } 16:24-25$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)
Choose 1–2 practical ways to apply what you've learned:



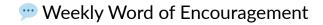


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 5 - July 15: Be Where Your Feet Are
Key Bible Verses
Ephesians $5:15-16 \cdot \text{Matthew } 6:34$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)  Chasse 1. 2 practical ways to apply what you've learned:
Choose 1-2 practical ways to apply what you've learned:



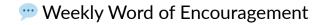


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 6 - July 22: Gratitude Changes Everything
Key Bible Verses
1 Thessalonians $5:16-18 \cdot Psalm\ 100$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)
Choose 1-2 practical ways to apply what you've learned:

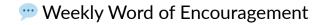




What word of encouragement can you share with someone else this week?

Your Abundant Life Expression



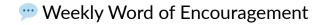


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 8 - August 12: You're Not Meant to Run on Empty
Key Bible Verses
Exodus $20:8-10 \cdot \text{Mark } 6:31$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)  Choose 1–2 practical ways to apply what you've learned:



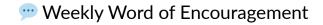


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 9 - August 19: When Enough Really Is Enough
Key Bible Verses
Philippians $4:11-13\cdot 1$ Timothy $6:6$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
∠ Reflection Questions
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)
Action step(s)
Choose 1-2 practical ways to apply what you've learned:



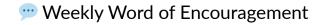


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 10 - September 2: Speak Life, Live Full
Key Bible Verses
Proverbs $18:21 \cdot$ Ephesians $4:29$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
∠ Reflection Questions
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)  Choose 1–2 practical ways to apply what you've learned:



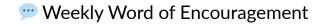


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 11 - September 9: Give What You've Got
Key Bible Verses
2 Corinthians $9:6-8 \cdot Acts \ 20:35$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)
Choose 1-2 practical ways to apply what you've learned:



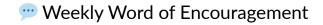


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Week 12 - September 16: Do It Afraid, Do It Anyway
Key Bible Verses
Joshua 1:9 $\cdot$ 2 Timothy 1:7 $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
∠ Reflection Questions
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)  Choose 1–2 practical ways to apply what you've learned:



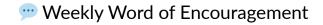


What word of encouragement can you share with someone else this week?

Your Abundant Life Expression

Bonus Recap - September 23: Keep Eternity in View
Key Bible Verses
Colossians $3:1-2 \cdot Matthew 6:19-21$ $\Box$ (Write these out in your preferred translation. Circle or highlight the words that speak to you.)
∠ Reflection Questions
1. What stood out to you most from today's teaching?
2. How does this week's element show up (or not) in your life right now?
3. What might God be inviting you to believe, surrender, or change this week?
4. How can this truth shift the way you live or think today?
✓ Action Step(s)  Choose 1–2 practical ways to apply what you've learned:





What word of encouragement can you share with someone else this week?

Your Abundant Life Expression