



Summer of Abundance

COMPANION PAGES

Encouragement for
Real Life Podcast

julielefbure.com

ENCOURAGEMENT FOR REAL LIFE PODCAST

Summer of Abundance series

 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:

Prayer

My prayer this week:

Weekly Word of Encouragement


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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 2 - June 17: Train Your Thoughts for Truth

 Key Bible Verses

Romans 12:2 · Philippians 4:8

□ (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:

□ _____

□ _____

Prayer

My prayer this week:

Weekly Word of Encouragement

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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 3 - July 1: Stay Close to Your Source

 Key Bible Verses

John 15:5 · Psalm 16:11

□ (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:

□ _____

□ _____

Prayer

My prayer this week:

Weekly Word of Encouragement

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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 4 - July 8: Surrender Is Where Freedom Starts

 Key Bible Verses

Proverbs 3:5-6 · Matthew 16:24-25

□ (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:

□ _____

□ _____

Prayer

My prayer this week:

Weekly Word of Encouragement


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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 5 - July 15: Be Where Your Feet Are

 Key Bible Verses

Ephesians 5:15-16 • Matthew 6:34

(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:

Prayer

My prayer this week:

Weekly Word of Encouragement

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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 6 - July 22: Gratitude Changes Everything

 Key Bible Verses

1 Thessalonians 5:16-18 · Psalm 100

□ (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:

□ _____

□ _____

Prayer

My prayer this week:

Weekly Word of Encouragement


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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 7 - August 5: Care for the Body God Gave You

 Key Bible Verses

1 Thessalonians 5:16-18 · Psalm 100

(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:

Prayer

My prayer this week:

Weekly Word of Encouragement

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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 8 - August 12: You're Not Meant to Run on Empty

Key Bible Verses

Exodus 20:8-10 • Mark 6:31

(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:

Prayer

My prayer this week:

Weekly Word of Encouragement


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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 9 - August 19: When Enough Really Is Enough

Key Bible Verses

Philippians 4:11-13 · 1 Timothy 6:6

□ (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:

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Prayer

My prayer this week:

Weekly Word of Encouragement

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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 10 - September 2: Speak Life, Live Full

 Key Bible Verses

Proverbs 18:21 · Ephesians 4:29

□ (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:

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Prayer

My prayer this week:

Weekly Word of Encouragement


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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 11 - September 9: Give What You've Got

 Key Bible Verses

2 Corinthians 9:6-8 · Acts 20:35

□ (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?
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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:

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□ _____

Prayer

My prayer this week:

Weekly Word of Encouragement


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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)

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 Week 12 - September 16: Do It Afraid, Do It Anyway

 Key Bible Verses

Joshua 1:9 · 2 Timothy 1:7

□ (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?
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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:

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Prayer

My prayer this week:

Weekly Word of Encouragement

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 Bonus Recap - September 23: Keep Eternity in View

 Key Bible Verses

Colossians 3:1-2 · Matthew 6:19-21

□ (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?
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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:

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Prayer

My prayer this week:

Weekly Word of Encouragement

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

Your Abundant Life Expression

(Doodle, mind-map, hand-letter, or jot any additional thoughts)