
Daily T.E.A. Time

Here are some ideas on how to incorporate T.E.A. Times into your day. These are suggestions so please be led of the Lord.

Morning: Write a letter to God about concerns you have for the day. Finish the letter by thanking Him for His Guidance and strength. End your morning T.E.A. Time with stretching and prayer. The word says "Be anxious for nothing, but Pray about everything and then you will have the peace of God". Philippians 4:6,7

Mid-Morning: Scripture/Truth Meditation (see T.E.A. Time Journal) or Praise Break (Get up and praise the Lord while listening and moving to music)

Mid-Afternoon: Scripture/Truth Meditation (see T.E.A. Time Journal) or Praise Break (Get up and praise the Lord while listening and moving to music)

Night: unload all of the day's hurts and disappointments and then thank Him for all the blessings. End your night T.E.A. Time with stretching and prayer while casting all your cares. The word says "Cast all your cares on Him for He cares for you". 1 Peter 5:7

Get the complete T.E.A. Time Journal for \$7.00.

For more information contact Toshia Jordan at toshiajordan@gmail.com or follow at

www.seedsthatlast.com.

©2012 Seeds That Last™ Excerpt from T.E.A. Time Journal