



REFLECTIONS FOR THE RESCUE

CHAPTER 10: WAKE UP AND DRIVE ACTION PLAN

RESPOND:

Identify two habits you would like to be more consistent in - one spiritual and one physical. Ask someone who loves you to hold you accountable to doing so.

REFLECT:

On a scale of 1 to 10, how would you rate the care that you give your body?

In what specific ways can you do a better job of caring for yourself?

Is the Spirit of God operating in your life? How do you know?

What do you do to invite God into your life? How do you connect with His perspective and power?