



REFLECTIONS FOR THE RESCUE

CHAPTER 12: SLEEPING BY THE WINDOW ACTION PLAN

RESPOND:

Make a list of things that nurture your soul and give you energy. Post the list in plain view. Refer to it often.

REFLECT:

Simple joys matter. What can you engage in with your sight, smell, touch, taste, and hearing that will make you smile?

Significant relationships matter. What person should you make time to talk to or be with? Give them a call or send them a text and plan a time to hang out.

The Spirit of God gives joy. When will you make time to read His love letter to you and listen for His direction?