



# Learn to Love

1 CORINTHIANS 13



**SOUTHLAND**  
CHURCH

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# Introduction

The 28 exercises outlined in this booklet go along with the teaching from Learn to Love and are designed to equip you with practical tools that will help you grow in loving God and loving people.

Loving others requires more than just the desire to do so. We begin with desire but then we require the power or capacity to love so we don't shut down the minute things get difficult and we require the skills to know how to love in all circumstances.

1. Desire – the desire to love like Jesus
2. Power & Capacity – the strength to love when it gets difficult
3. Skills – to know the best way to love in all circumstances

The exercises in this booklet were designed to equip you in:

- being thankful in all circumstances, which helps you stay relational when dealing with difficult situations.
- increasing your emotional capacity to deal with difficult emotions.
- learning how to quiet and find rest during difficult emotions.
- growing in your ability to share joy and create belonging with others.
- helping you grow in securely attaching to Jesus.

All of these skills grow our ability to love God and love others more!

1. Learn to be Thankful
2. Grow your Capacity
  - a. Build Joy
  - b. Practice Quiet & Rest
3. Securely Attach to Jesus

The types of principles you will be learning in these exercises are principles you will want to incorporate into your daily living. They are not something you do once and don't have to worry about doing again. They are principles or disciplines found in Scripture and they should be a regular part of our lives.

The exercises work in this booklet work best when done in the order outlined as many of them build on each other. You can go through the exercises at different speeds. Whichever way you choose, do NOT be discouraged if you miss a day here or there. Just continue where you left off.

1. 7 weeks – if you do 4 exercises per week, you would complete them in 7 weeks.
2. 28 days – if you do 1 exercise per day, you would complete them in approximately 1 month.
3. 28 weeks – if you do 1 exercise per week, you would complete them in 7 months.

## Exercise 1: Learning to be Thankful

**1 Thessalonians 5:16-18 (ESV)** Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

**Thankfulness** - Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1

1. Write down an everyday thing you are thankful for (e.g. cup of coffee, sunrise, bike rides, playing games, etc.).
2. Briefly write out a specific memory of a time when you experienced that thing and what was happening.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and emotions (e.g. joy, happy, free, together, calm, peaceful, etc.).
5. Write a short prayer of thanks to Jesus.

## Exercise 2: Learning to be Thankful

**1 Thessalonians 5:16-18 (ESV)** Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

**Thankfulness** - Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1

1. Write down something found in nature that you are thankful for (e.g. sunrise, sunset, mountains, water, wind blowing trees, etc.).
2. Briefly write out a memory of what was happening when you experienced what you are thankful for.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and emotions (e.g. joy, happy, free, together, calm, peaceful, etc.).
5. Write a short prayer of thanks to Jesus.

## Exercise 3: Growing Capacity – Building Joy/Creating Belonging

**Nehemiah 8:10b** (ESV) *...for the joy of the LORD is your strength*

**John 15:12-14** (ESV) *“This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you.”*

**Joy** - Psalm 4:7, Psalm 51:12, Luke 1:44, Luke 15:7, John 15:11, John 16:20, John 16:21, John 16:24, John 17:13, Romans 14:17, Romans 15:13, Galatians 5:22, Colossians 1:11, Hebrews 12:2, 2 John 1:12, Nehemiah 8:10

**Belonging** - Galatians 5:13-14, John 15:12-14, 1 John 4:7-8, 1 John 4:11, John 13:34-35, 1 Peter 4:8, John 3:16, Luke 6:27-28, Romans 12:9-21, 1 Corinthians 13:4-13, 1 Corinthians 13:1-3, James 2:1-9, Ephesians 4:1-3, Matthew 22:37-40

1. Look for a way to create belonging and build joy with a stranger today (e.g. grocery store clerk, customer, random person, etc.). Be creative!

You can do this in a variety of ways:

- asking them how they are doing and listening to their response,
- opening a door and giving a bright smile,
- paying for a stranger’s coffee,
- going out of your way to help someone load groceries,
- going the extra mile with a customer, etc.

**Hebrews 13:2** (ESV) *Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares.*

2. Briefly write down what you did.
3. Write down how it felt to create belonging and build joy with a stranger. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you felt emotionally (e.g. joy, happy, free, together, calm, peaceful, etc.).
4. Write a short prayer of thanks to Jesus.

## Exercise 4: Securely Attaching to Jesus

**John 15:5 (ESV)** *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26

1. Practice quieting either with or without soft worship music playing. For 2 minutes, focus on breathing deeply and relaxing your body.
2. Practice being thankful by picking one memory from the “Learning to be Thankful” exercises you have completed and focus on what you were thankful for in that memory until you can feel the appreciation for what was happening again.
3. Ask Jesus to show you where He was in the memory. Write down any thoughts, pictures, and words that come to your mind.
4. Ask Jesus what He wants you to know about the memory and what He was doing there. Write down any thoughts, pictures, and words that come to your mind.
5. Write down how it feels to know where Jesus was and what He was doing in the memory. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you feel emotionally (*e.g. joy, happy, freer, together, calm, peaceful, etc.*).
6. Write a short prayer of thanks to Jesus.

## Exercise 5: Learning to be Thankful

**1 Thessalonians 5:16-18 (ESV)** *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1

1. Write down the name of someone who has helped you (physical needs, emotional needs, spiritually, etc.) that you are thankful for (*e.g. mentor, pastor, counselor, teacher, etc...*).
2. Briefly write out a memory of a time this person you are thankful for helped you.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc...*) and emotions (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.



## Exercise 6: Growing Capacity – Practicing Quiet & Rest

**Psalm 131:2 (ESV)** *But I have calmed and quieted my soul...*

**Psalm 46:10 (ESV)** *“Be still, and know that I am God.”*

**Quiet & Rest** - *Psalm 4:8, Isaiah 30:15, Exodus 14:14, Job 37:14, Isaiah 40:31, Psalm 131:2, Psalm 62:1-2, Isaiah 26:3, John 14:27, John 16:33, Philippians 4:6-7, Matthew 11:28-30*

1. Find a quiet place to sit and rest. Once there, pray and ask God to bring rest and peace to your soul.
2. Take 2 minutes of simple quiet time and focus on taking deep breaths while relaxing your body (*shoulders, face, hands, neck, jaw, etc.*). This may be difficult for some of you! That’s ok!
3. Read through the verses below a few times and write down what they mean to you.
  - **Psalm 46:10 (ESV)** *“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*
  - **Matthew 11:28-30 (ESV)** *Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*
4. Write down how it felt to practice being still and quiet. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you felt emotionally (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## Exercise 7: Learning to be Thankful

**1 Thessalonians 5:16-18 (ESV)** *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - *Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1*

1. Write down the name of someone you have helped (physical needs, emotional needs, spiritually, etc.) that you are thankful for (*e.g. cell member, friend, child, neighbor, etc.*).
2. Briefly write out a memory of a time you helped this person you are thankful for.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and emotions (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## Exercise 8: Securely Attaching to Jesus

**John 15:5 (ESV)** *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26

1. Practice quieting either with or without soft worship music playing. For 2 minutes, focus on breathing deeply and relaxing your body.
2. Practice being thankful by picking one memory from the “Learning to be Thankful” exercises you have completed and focus on what you were thankful for in that memory until you can feel the appreciation for what was happening again.
3. Ask Jesus to show you where He was in the memory. Write down any thoughts, pictures, and words that come to your mind.
4. Ask Jesus what He wants you to know about the memory and what He was doing there. Write down any thoughts, pictures, and words that come to your mind.
5. Write down how it feels to know where Jesus was and what He was doing in the memory. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you feel emotionally (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
6. Write a short prayer of thanks to Jesus.

## Exercise 9: Learning to be Thankful

**1 Thessalonians 5:16-18 (ESV)** *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1

1. Write down a time where you felt close to Jesus that you are thankful for.
2. Briefly write out the memory of what was happening when you experienced this time of closeness to Jesus.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and emotions (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## Exercise 10: Growing Capacity – Building Joy/Creating Belonging

**Nehemiah 8:10b** (ESV) *...for the joy of the LORD is your strength*

**John 15:12-14** (ESV) *“This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you.”*

**Joy** - Psalm 4:7, Psalm 51:12, Luke 1:44, Luke 15:7, John 15:11, John 16:20, John 16:21, John 16:24, John 17:13, Romans 14:17, Romans 15:13, Galatians 5:22, Colossians 1:11, Hebrews 12:2, 2 John 1:12, Nehemiah 8:10;

**Belonging** - Galatians 5:13-14, John 15:12-14, 1 John 4:7-8, 1 John 4:11, John 13:34-35, 1 Peter 4:8, John 3:16, Luke 6:27-28, Romans 12:9-21, 1 Corinthians 13:4-13, 1 Corinthians 13:1-3, James 2:1-9, Ephesians 4:1-3, Matthew 22:37-40

1. Write down the name of someone who has helped you and briefly describe how (e.g. teacher, mentor, parent, friend, pastor, etc.).
2. Write down one characteristic that you appreciate about them (*caring, put others first, genuine, etc.*).
3. Contact this person via phone call, face-to-face, text, email, or letter and build joy with them by sharing what you appreciate about them.
4. Write down how it felt to build joy with them, including bodily sensations (e.g. *warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you felt emotionally (e.g. *joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## Exercise 11: Learning to be Thankful

**1 Thessalonians 5:16-18** (ESV) *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1

1. Write down an everyday thing you are thankful for (e.g. *cup of coffee, sunrise, bike rides, playing games, etc.*).

2. Briefly write out a memory of what was happening when you experienced what you are thankful for.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and emotions (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## **Exercise 12: Securely Attaching to Jesus**

**John 15:5** (ESV) *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26

1. Practice quieting either with or without soft worship music playing. For 2 minutes, focus on breathing deeply and relaxing your body.
2. Practice being thankful by picking one memory from the “Learning to be Thankful” exercises you have completed and focus on what you were thankful for in that memory until you can feel the appreciation for what was happening again.
3. Ask Jesus to show you where He was in the memory. Write down any thoughts, pictures, and words that come to your mind.
4. Ask Jesus what He wants you to know about the memory and what He was doing there. Write down any thoughts, pictures, and words that come to your mind.
5. Write down how it feels to know where Jesus was and what He was doing in the memory. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you feel emotionally (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
6. Write a short prayer of thanks to Jesus.

## **Exercise 13: Learning to be Thankful**

**1 Thessalonians 5:16-18** (ESV) *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1

1. Find a picture that is meaningful to you (e.g. *person, place, vacation, etc.*), spend 3 minutes looking at the picture and thinking about what was happening in the picture or the person who is in the picture.
2. Briefly write out the memory of what was happening in the picture.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (e.g. *warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and emotions (e.g. *joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## **Exercise 14: Growing Capacity – Practicing Quiet & Rest**

**Psalm 131:2** (ESV) *But I have calmed and quieted my soul...*

**Psalm 46:10** (ESV) *“Be still, and know that I am God.”*

**Quiet & Rest** - *Psalm 4:8, Isaiah 30:15, Exodus 14:14, Job 37:14, Isaiah 40:31, Psalm 131:2, Psalm 62:1-2, Isaiah 26:3, John 14:27, John 16:33, Philippians 4:6-7, Matthew 11:28-30*

1. Find a quiet place to sit and rest. Once there, pray and ask God to bring rest and peace to your soul.
2. Find a slow paced worship song, sit or lie down and listen to the song while focusing on breathing deeply and relaxing your body.
3. Write down how it feels to practice being still and quiet. Include bodily sensations (e.g. *warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you feel emotionally (e.g. *joy, happy, free, together, calm, peaceful, etc.*).
4. Write a short prayer of thanks to Jesus.

## **Exercise 15: Learning to be Thankful**

**1 Thessalonians 5:16-18** (ESV) *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - *Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1*

1. Write down the name of someone who impacted you growing up that you are thankful for (e.g. close friend, uncle or aunt, neighbor, etc.).
2. Briefly write out a memory of a time this person you are thankful for impacted you growing up.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and emotions (e.g. joy, happy, free, together, calm, peaceful, etc.).
5. Write a short prayer of thanks to Jesus.

## Exercise 16: Securely Attaching to Jesus

**John 15:5 (ESV)** *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26

1. Practice quieting either with or without soft worship music playing. For 2 minutes, focus on breathing deeply and relaxing your body.
2. Practice being thankful by thinking of something you are thankful for about your job. Write down how it makes you feel (include bodily sensations and emotions) and why it is meaningful to you. Once completed, spend a few moments thanking Jesus for your job.
3. Ask Jesus to show you where He is in relation to you right now. Write down any thoughts, pictures, and words that come to your mind.
4. Ask Jesus what He wants you to know about what He is doing in your life right now. Write down any thoughts, pictures, and words that come to your mind.
5. Write down how it feels to know Jesus is with you right now. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you feel emotionally (e.g. joy, happy, free, together, calm, peaceful, etc.).
6. Write a short prayer of thanks to Jesus.

## Exercise 17: Learning to be Thankful

**1 Thessalonians 5:16-18 (ESV)** *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1

1. Write down your favorite hobby/activity that you are thankful for.
2. Briefly write out a memory of what was happening when you did this hobby/activity that you are thankful for.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (e.g. *warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and emotions (e.g. *joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## Exercise 18: Growing Capacity – Building Joy/Creating Belonging

**Nehemiah 8:10b** (ESV) *...for the joy of the LORD is your strength*

**John 15:12-14** (ESV) *“This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you.”*

**Joy** - Psalm 4:7, Psalm 51:12, Luke 1:44, Luke 15:7, John 15:11, John 16:20, John 16:21, John 16:24, John 17:13, Romans 14:17, Romans 15:13, Galatians 5:22, Colossians 1:11, Hebrews 12:2, 2 John 1:12, Nehemiah 8:10;

**Belonging** - Galatians 5:13-14, John 15:12-14, 1 John 4:7-8, 1 John 4:11, John 13:34-35, 1 Peter 4:8, John 3:16, Luke 6:27-28, Romans 12:9-21, 1 Corinthians 13:4-13, 1 Corinthians 13:1-3, James 2:1-9, Ephesians 4:1-3, Matthew 22:37-40

1. Write down the name of someone you have helped and briefly describe how (e.g. *cell member, friend, neighbor, child, etc.*).
2. Write down one characteristic that you appreciate about them (*caring, put others first, genuine, etc.*).
3. Contact the person via phone call, face-to-face, text, email, or letter and build joy with them by sharing what you appreciate about them.
4. Write down how it felt to build joy with them, including bodily sensations (e.g. *warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you felt emotionally (e.g. *joy, happy, free, together, calm, peaceful, etc.*).
5. Write a short prayer of thanks to Jesus.

## Exercise 19: Learning to be Thankful

**1 Thessalonians 5:16-18 (ESV)** *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

**Thankfulness** - *Ephesians 5:17-20, Psalm 100:4, Colossians 3:16-17, Philippians 4:6-7, Colossians 3:15, Psalm 105:1*

1. Write down one thing about your family that you are thankful for.
2. Briefly write out a memory of a time you are thankful for this thing about your family.
3. Write down why this is meaningful to you.
4. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and emotions (*e.g. joy, happy, free, together, calm, peaceful, etc.*). Write a short prayer of thanks to Jesus.

## Exercise 20: Securely Attaching to Jesus

**John 15:5 (ESV)** *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - *John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26*

1. Practice quieting either with or without soft worship music playing. For 2 minutes, focus on breathing deeply and relaxing your body.
2. Practice being thankful by thinking of something you are thankful for that Jesus saved you from. Write down how it makes you feel to be saved from this (include bodily sensations and emotions) and why it is meaningful to you. Once completed, spend a few moments thanking Jesus for rescuing you.
3. Ask Jesus to show you where He is in relation to you right now. Write down any thoughts, pictures, and words that come to your mind.
4. Ask Jesus to show you what He sees when He looks at you. Write down any thoughts, pictures, and words that come to your mind.
5. Write down how it feels to know Jesus is with you right now, including bodily sensations (*e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.*) and how you feel emotionally (*e.g. joy, happy, free, together, calm, peaceful, etc.*).
6. Write a short prayer of thanks to Jesus.



## Exercise 21: Growing Capacity – Practicing Quiet & Rest

**Psalm 131:2 (ESV)** *But I have calmed and quieted my soul...*

**Psalm 46:10 (ESV)** *“Be still, and know that I am God.”*

**Quiet & Rest** - Psalm 4:8, Isaiah 30:15, Exodus 14:14, Job 37:14, Isaiah 40:31, Psalm 131:2, Psalm 62:1-2, Isaiah 26:3, John 14:27, John 16:33, Philippians 4:6-7, Matthew 11:28-30

1. Find a quiet place to sit and rest. Once there, pray and ask God to bring rest and peace to your soul.
2. Chose two worship songs, one fast paced and one slow paced. Sit or lie down and listen to each song separately while focusing on breathing deeply and relaxing your body. After each song, write down how it made you feel, including bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you felt emotionally (e.g. joy, happy, free, together, calm, peaceful, etc.).
3. Write out the differences you noticed when trying to practice rest and quiet while listening to the different styles of music.
4. Write down what you learned through the exercise.
5. Write a short prayer of thanks to Jesus.

## Exercise 22: Growing Capacity – Building Joy/Creating Belonging

**Nehemiah 8:10b (ESV)** *...for the joy of the LORD is your strength*

**John 15:12-14 (ESV)** *“This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you.”*

**Joy** - Psalm 4:7, Psalm 51:12, Luke 1:44, Luke 15:7, John 15:11, John 16:20, John 16:21, John 16:24, John 17:13, Romans 14:17, Romans 15:13, Galatians 5:22, Colossians 1:11, Hebrews 12:2, 2 John 1:12, Nehemiah 8:10;

**Belonging** - Galatians 5:13-14, John 15:12-14, 1 John 4:7-8, 1 John 4:11, John 13:34-35, 1 Peter 4:8, John 3:16, Luke 6:27-28, Romans 12:9-21, 1 Corinthians 13:4-13, 1 Corinthians 13:1-3, James 2:1-9, Ephesians 4:1-3, Matthew 22:37-40

1. Write down the name of someone who frustrates you and briefly describe how.
2. Pray and ask God to give you a heart of love for the person.
3. Pray and ask God to show you how He sees the individual. Write down whatever thoughts you get.
4. Write down something you appreciate about the individual.

5. Contact the person via phone call, face-to-face, text, email or letter and build joy with them by sharing what you appreciate about them. (Please do NOT share how they frustrate you.)
6. Write down how it felt to build joy with someone who frustrates you, including bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you felt emotionally (e.g. joy, happy, free, together, calm, peaceful, etc.).
7. Write a short prayer of thanks to Jesus.

## **Exercise 23: Growing Capacity – Practicing Quiet & Rest**

*Psalm 131:2 (ESV) But I have calmed and quieted my soul...*

*Psalm 46:10 (ESV) “Be still, and know that I am God.”*

**Quiet & Rest** - *Psalm 4:8, Isaiah 30:15, Exodus 14:14, Job 37:14, Isaiah 40:31, Psalm 131:2, Psalm 62:1-2, Isaiah 26:3, John 14:27, John 16:33, Philippians 4:6-7, Matthew 11:28-30*

1. Under each of the five senses, write down as many things you can think of that make you feel calm, relaxed, peaceful and/or quiet.
  - a) Sight (e.g. waves, clean house, kids playing, media, etc.)
  - b) Smell (e.g. candle, clean house, ocean, coffee, etc.)
  - c) Taste (e.g. coffee, chips, chocolate, favorite meal, etc.)
  - d) Hearing (e.g. waves, wind, music, laughter, etc.)
  - e) Touch (e.g. tickling, something soft, tight clothes/blankets, holding hands, snuggling, etc.)
2. Take a moment to reflect on those things you wrote down that are positive ways to quiet your soul. Write a short prayer of thanks to Jesus for providing the means for you to rest in your life.

## **Exercise 24: Securely Attaching to Jesus**

*John 15:5 (ESV) I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - *John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26*

1. Practice quieting either with or without soft worship music playing. For 2 minutes, focus on breathing deeply and relaxing your body

2. Practice being thankful by thinking of something you are thankful for about summer. Write down how it makes you feel (include bodily sensations and emotions) and why it is meaningful to you. Once completed, spend a few moments thanking Jesus for summer.
3. Ask Jesus to show you where He is in relation to you right now. Write down any thoughts, pictures, and words that come to your mind.
4. Think of your biggest current struggle. Confess sin where necessary. Ask Jesus to show you how He sees you in your current struggle. Write down any thoughts, pictures, and words that come to your mind.
5. Write down how it feels to know how Jesus sees you in your current struggle, including bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you feel emotionally (e.g. joy, happy, freer, together, calm, peaceful, etc.).
6. Write a short prayer of thanks to Jesus

## **Exercise 25: Growing Capacity – Building Joy/Creating Belonging**

***Nehemiah 8:10b (ESV) ...for the joy of the LORD is your strength***

***John 15:12-14 (ESV) “This is my commandment, that you love one another as I have loved you. Greater love has no one than this, that someone lay down his life for his friends. You are my friends if you do what I command you.”***

***Joy - Psalm 4:7, Psalm 51:12, Luke 1:44, Luke 15:7, John 15:11, John 16:20, John 16:21, John 16:24, John 17:13, Romans 14:17, Romans 15:13, Galatians 5:22, Colossians 1:11, Hebrews 12:2, 2 John 1:12, Nehemiah 8:10;***

***Belonging - Galatians 5:13-14, John 15:12-14, 1 John 4:7-8, 1 John 4:11, John 13:34-35, 1 Peter 4:8, John 3:16, Luke 6:27-28, Romans 12:9-21, 1 Corinthians 13:4-13, 1 Corinthians 13:1-3, James 2:1-9, Ephesians 4:1-3, Matthew 22:37-40***

1. Plan a fun event with your family/cell (e.g. games night, walk around town, dessert, bonfire, etc.).
2. Be intentional and think of ways to show the people you are with that they are heard, valuable, appreciated, noticed, and loved.
3. Briefly write down a highlight of what happened.
4. Write down how it felt to build joy and create belonging with your family/cell, including bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you felt emotionally (e.g. joy, happy, free, together, calm, peaceful, etc.).
5. Write a short prayer of thanks to Jesus.

## Exercise 26: Securely Attaching to Jesus

**John 15:5 (ESV)** *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26

1. Practice quieting either with or without soft worship music playing. For 2 minutes, focus on breathing deeply and relaxing your body.
2. Practice being thankful by thinking of something you are thankful for about winter. Write down how it makes you feel (include body and emotions) and why it is meaningful to you. Once completed, spend a few moments thanking Jesus for winter.
3. Think of a time where you did not sense Jesus with you (e.g. going to the grocery store, getting ready for work, getting kids ready, etc.). Ask Jesus to show you where you were in this memory. Write down whatever thoughts, pictures, and words that come to your mind.
4. Ask Jesus to show you how He sees you.
5. Ask Jesus what He wants you to know about what He was doing in the memory.
6. Write down how it feels to know where Jesus was and what He was doing in the memory. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you feel emotionally (e.g. joy, happy, free, together, calm, peaceful, etc.).
7. Write a short prayer of thanks to Jesus

## Exercise 27: Growing Capacity – Practicing Quiet & Rest

**Psalm 131:2 (ESV)** *But I have calmed and quieted my soul...*

**Psalm 46:10 (ESV)** *“Be still, and know that I am God.”*

**Quiet & Rest** - Psalm 4:8, Isaiah 30:15, Exodus 14:14, Job 37:14, Isaiah 40:31, Psalm 131:2, Psalm 62:1-2, Isaiah 26:3, John 14:27, John 16:33, Philippians 4:6-7, Matthew 11:28-30

Morning stretch exercise

1. Find a quiet place where you can lay down and be comfortable. Once there, pray and ask God to bring rest and peace to your soul.
2. Find a slow paced worship song. Once you have it ready, press play and lie down. While lying down focus on breathing deeply and relaxing your body. At two separate times through the duration of the song, inhale and hold your breath while simultaneously tensing every muscle in your body for as long as you can. When you exhale, focus on releasing the tension and relaxing every part of your body.
3. Ask Jesus where He was and what He was doing as you practiced being still and quiet and write down any words, thoughts or pictures that come to mind.

4. Write down how it feels to practice being still and quiet, including bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and how you feel emotionally (e.g. joy, happy, free, together, calm, peaceful, etc.).
5. Write a short prayer of thanks to Jesus.

## Exercise 28: Securely Attaching to Jesus

**John 15:5 (ESV)** *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

**Securely Attached** - John 15:1-11, Isaiah 55:1-3, Psalm 92:12-14, Galatians 5:16-26

Combining what we have learned with what we already practice:

1. Practice Quiet & Rest. **Psalm 46:10b** *...Be still and know that I am God*
  - Simple quiet and rest is a great way to ready your heart to meet with Jesus.
  - Take a few moments to relax. Focus on taking slow, deep breaths.
  - If you notice any areas on your body that are tense (e.g. neck, face, shoulders, etc.) focus on relaxing those parts of your body.
  - *If you are feeling anxious, fearful or angry* write out a short prayer telling Jesus how you feel, tell Him you are choosing to trust Him and to submit to Him.
2. Engage your heart with Jesus:
  - Unconfessed sin can keep you from connecting with God. **Isaiah 59:2** *It's your sins that have cut you off from God. Because of your sins, he has turned away and will not listen anymore.*
    - i. Ask Jesus to reveal any sin He wants you to confess. Confess anything that He shows you.
  - Practice being thankful. **Psalm 100:4** *Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.*
    - i. Think of something you are thankful for. Briefly write down a memory where you experienced what you are thankful for.
    - ii. Write down why this is meaningful to you.
    - iii. Write down how it feels to focus on why it was meaningful to you. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and emotions (e.g. joy, happy, free, together, calm, peaceful, etc.)
3. Interact with Jesus: (2 options – can be used separately or in order together)
  - Focus on the previous memory again. Ask Jesus where He is in the memory and what He wants you know about what was happening there.
  - Ask Jesus where He is right now in relation to you and what He is currently doing in your heart.
  - Write down how it feels to know where Jesus is and what He is doing in your life. Include bodily sensations (e.g. warm, cold, energized, relaxed, peaceful, tense, tired, etc.) and emotions (e.g. joy, happy, free, together, calm, peaceful, etc.).

4. Write out a prayer of thanks to Jesus.
5. Share with others how Jesus has impacted you and what you are thankful for (*a great way to build joy and create belonging*)!

## Thanksgiving Topics

1. Important relationships. *E.g. family, spouse, kids, friends, etc.*
2. Hobbies you really enjoy. *E.g. going for walks, going to the gym, reading, etc.*
3. Fun times you've enjoyed. *E.g. vacations, special events, a special holiday time, etc.*
4. Things you've enjoyed through the five senses
  - a. Sight: *mountains, water, sunsets, etc.*
  - b. Sound: *waves, wind, birds chirping, music, etc.*
  - c. Smell: *favorite cologne or perfume, candle, outdoors, etc.*
  - d. Taste: *your favorite food, snack, meal, etc.*
  - e. Touch: *hugs, holding hands with someone special, an arm around your shoulder on a rough day, etc.*
5. Difficult things you have experienced and grown from or things you have overcome.

## Joy Feels Like

1. Someone is glad to be with me and me with them.
2. Energizing, fun, laughter, happy, excited, etc.
3. I feel connected to God and others.
4. People are most important to me right now.

## Quiet and Rest Feels Like

1. Everything is in the right place, at the right time, nothing needs to be done.
2. Calm, relaxed, soothing, peaceful, etc.
3. My emotions are quiet.
4. My thoughts are clear.
5. My heart rate is slow.
6. My breathing is slow and deep.
7. I feel connected to God and others.

## Appreciation Feels Like

1. Smiling.
2. "Ahhhhh"
3. "I could stay in this moment forever."
4. "Everything is just right."
5. "I would rather be TOGETHER than ALONE."
6. People are more important than problems and tasks.
7. "I'm enjoying \_\_\_\_\_."