**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 22- May 29- June 4**

**Assess where you are-**Be conscious of your mindset? What thoughts have you been having lately?

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What small or large wins can you celebrate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be Intentional: Remind yourself who you are. Write three positive affirmations that align with who God says you are. Read them daily.

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How does it feel to know that you can do all things through God who strengthens you?

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**Journal Prompt/ Writing Activity:**

**Who do you believe you are:** What story are you telling yourself? Are you still living in the past/ re-living past hurts or past victories? Do you feel trapped by what has happened? Does your story (What you believe about yourself) motivate you to push forward and embrace the person God has created?

Spending time in reflection. Answer the following questions. Re-write your story from an empowered mindset knowing Who you are and Whose you are, accepting all the blessings and promises God has in store for you.

**Read- Galatians 3:26, Ephesians 1:3, Romans 8:38-39, 1 Peter 2: 9-10**



Each week you will be given motivation, practical tools or YouTube videos that is relevant to the Week’s Prompt/ Activity. Videos may not work directly from clicking on the link provided.

\*You may need to highlight, copy the link, go to YouTube and enter it directly into the YouTube Browser.

\*You can also place the cursor directly into the link and press enter.

\*Once at the YouTube page you may need to click **Skip Adds** to go directly to the intended content.

**WEEK 22 TOOLS:**

SINACH- I KNOW WHO I AM (official video)

<https://youtu.be/frtZ4XfoXxM>

Lauren Daigle- You Say (Official Music Video)

<https://youtu.be/sIaT8Jl2zpI>