**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 9- February 27- March 5**

**Assess where you are-** How are you feeling? How are you progressing with achieving your goals? Are there areas you’re struggling with?

Explain:
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How do you manage your time daily/weekly? Do you find that there are areas you neglect? Do you spend time doing things that deplete your energy and reduce time spent on other important things?

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List your hobbies:

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What is one area of your life that you need to focus more attention on?

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How often do you spend time in meditation, reflection, and prayer?

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**Journal Prompt/ Writing Activity:**

**Bless Me:**

Identify a prayer target (something you are praying about or need God’s intervention with) Write a bold prayer. Be specific. Exercise crazy supernatural faith do not limit your expression as you write this prayer. Place it somewhere in your house where you can see it. Recite it daily.

**Read-** 1 Chronicles 4-9-10, Joshua 10: 12-14



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 9 TOOLS: Prayer Journal**

\***Purchase a separate Journal. Use it write and track your prayers.**

Bless Me (The Prayer Of Jabez)

<https://youtu.be/HXALLBjsJAU>

Everything is Changing (feat. Shantrice Laura) // The Belonging Co

<https://youtu.be/NUF0ZsW1fJg>