

You and Jesus go swimming with the dolphins.

Take a boat ride with Jesus—you pick the style of boat: cruise ship, fishing boat, sailboat, speedboat, jet ski, canoe, etc.

You and Jesus are stuck on a deserted island. Build a house, explore, find food, etc.

You and Jesus design your dream house together. What would be in it? What style would you want? Treehouse, log cabin, mansion, ocean front, etc.

You and Jesus are hauling a semi, what's in it? Where are you going, and why?

Jesus and you are in an RV, where are you going, and why?

Jesus and you are in a pick-up truck, where are you going, and why?

Jesus and you are riding a tandem bicycle, where are you going, and why?

Jesus and you are on a motorcycle, where are you going, and why?

Jesus and you are riding horseback, where are you going, and why? Are you riding separately or together?

Jesus and you are in a field surrounded by a herd of zebra, what do you do?

Sing a duet with Jesus, what song will you pick?

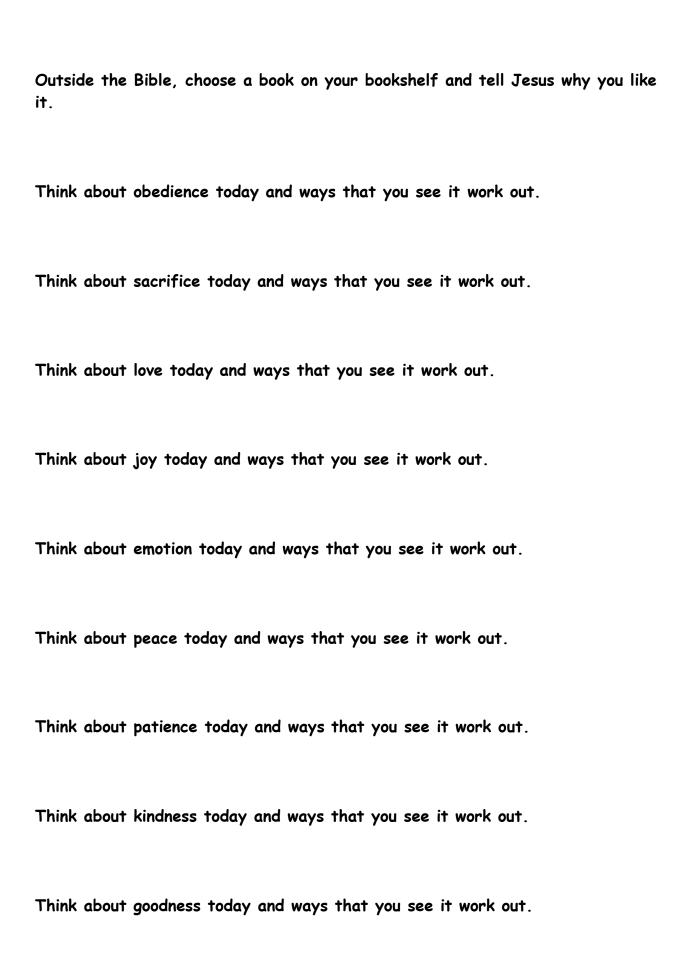
Jesus and you are making a podcast, what are you going to talk about? Write the script for it.

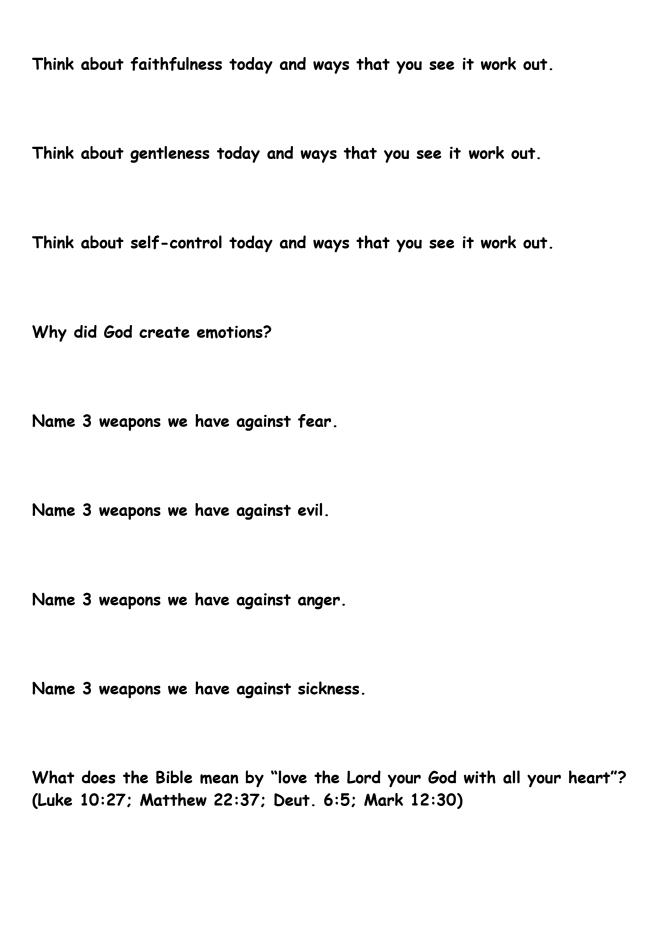
Write at least a page on what you think Jesus is saying about you.

Write at least a page on what you think Jesus is saying about your spouse (or friend).

Write at least a page on what you think Jesus is saying about your kids. Better yet, write a page on EACH of your children. If you don't have any, choose a friend.

Write at least a page on what you think Jesus is saying about your best friend.





What does the Bible mean by "love the Lord your God with all your soul"? (Luke 10:27; Matthew 22:37; Deut. 6:5; Mark 12:30)

What does the Bible mean by "love the Lord your God with all your strength"? (Luke 10:27; Matthew 22:37; Deut. 6:5; Mark 12:30)

What does the Bible mean by "love the Lord your God with all your mind"? (Luke 10:27; Matthew 22:37; Deut. 6:5; Mark 12:30)

Why is fear so huge?

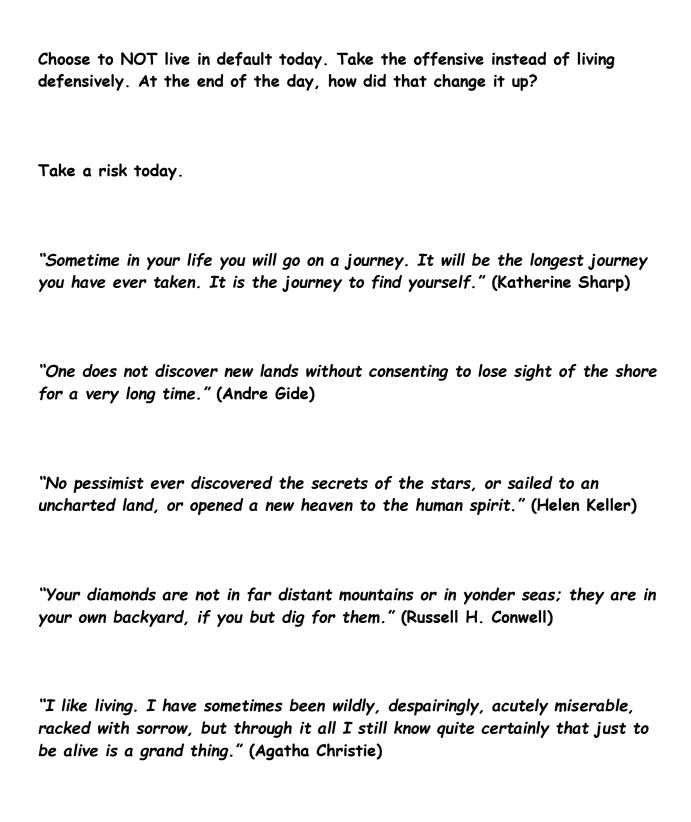
How would you define adventure? What do you mean by that, both physically and spiritually?

Wholeness: What defines it? How do you know when you're there? Is wholeness the same as perfection? Having a hole vs. being whole. Can you name a physical person you believe is "whole"?

Think about choices. What 3 choices did you make today that altered your day? Were they good or bad choices?

Have a $3^{\rm rd}$ heaven perspective today. How did that change your day?

If exercise is so important to our physical body, is there a spiritual parallel?
There are spiritual parallels to physically feeding yourself, physical senses, clothing, and shoes. What are some others?
Be aware of gratitude today. Name 5 things tonight that you're grateful for today (outside the usual).
Do our physical senses impact our spiritual body? Do our spiritual senses impact our physical body?
Think about a sense of humor today and ways that you see it work out.
Think about creativity today and ways that you see it work out.
Think about your senses today and how you experience them.
Think about perfectionism today and ways that you see it work out.
Watch how you mis-predicted the future today. How did the way it changed from what you expected impact other aspects of your day? Your life?



"I celebrate myself, and sing myself, I loafe and invite my soul ... " (Walt

Whitman)

"If your everyday life seems poor, don't blame it; blame yourself; admit to yourself that you are not enough of a poet to call forth its riches; because for the creator there is no poverty and no poor indifferent place." (Rainer Maria Rilke)

"Living is a form of not being sure, not knowing what next or how ... The artist never entirely knows. We guess. We may be wrong, but we take leap after leap into the dark." (Agnes de Mille)

Spend at least 10 minutes outside after dark. What does the sky look like? What are your senses experiencing? What emotions does it evoke? Do your emotions change after being outside? Is it from being outside or is it the darkness? Which impacts you more?

Spend at least 17 minutes in candlelight. How does it make you feel? Notice your senses.

Read poetry to Jesus. For each one you read tell him why you're choosing that particular one. What does he think of it? What kind of poetry does he like?

If Jesus created a Treasure Hunt in your house for you, what would it look like? What treasure would he have at the end of it for you? Besides himself.

Create something today: maybe a piece of writing, art, a craft, bouquet, poetry, etc.

Take an old magazine and cut out at least 3 pictures that catch your eye, whether it's the colors, textures, or anything that draws your eye and brings pleasure. Pictures that are authentically you.

Take pictures throughout the day and end up with at least 5 pictures you have taken of things that positively catch your eye. Maybe they're authentically you, maybe they represent beauty, love or joy or curiosity, adventure, God, or the mysteries of life. Look at them at the end of the day. Why did you choose those to take? What do they say about you? Tell Jesus about them.

With your camera take at least 3 pictures of things that bring delight to your heart. Tonight talk them over with Jesus. Why did you choose those? What kind of things delight your authentic heart?

Throughout the day finish the sentence "I am ______." Come up with at least 10 different responses. What does it show you about yourself today? Talk to Jesus about your answers.

Stand outside for 5 minutes, noting what your senses record. Then spend 5 minutes inside and note what your senses pick up. Compare them. Which do you prefer? Which are more noticeable? Are they pleasant to your soul or harsh? What emotional responses do you feel?

Notice a time today when you are taken by surprise. Was it a positive surprise or a negative one? What emotions did it evoke? On the Richter scale of surprises, where did this one fall? What are some major surprises you have had in the past that rocked your world? Which are easier to remember or to feel—positive or negative ones? Is a surprise the same as a "blindside"?

List 5 words that describe you. Are they what you WANT to represent who you are?

Think about your conscience today. As Caroline Leaf says, "Gather awareness of the Holy Spirit shining a torch on your conscience, not to condemn you, but to enlighten you, and to encourage you to deal with any toxic thought patterns now, and in the future."

Add a pleasure to today for your soul.

Add a pleasure to today for your body.

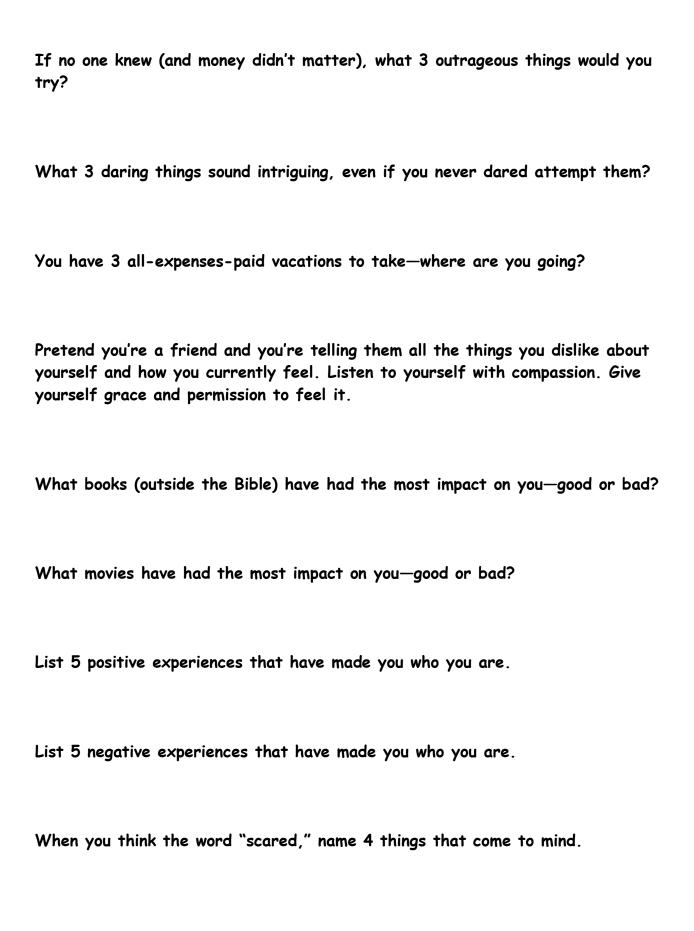
Add a pleasure to today for your spirit.

What was the best time you ever had as a kid?

What was the best time you ever had as a teenager?

What was the best time you ever had as an adult?

If you could instantly acquire 3 additional skills, what would they be?



When you think the word "joy," name 4 things that come to mind.

When you think the word "fun," name 4 things that come to mind.

When you think the word "laughing," name 4 things that come to mind.

When you think the word "alone," name 4 things that come to mind.

When you think the word "security," name 4 things that come to mind.

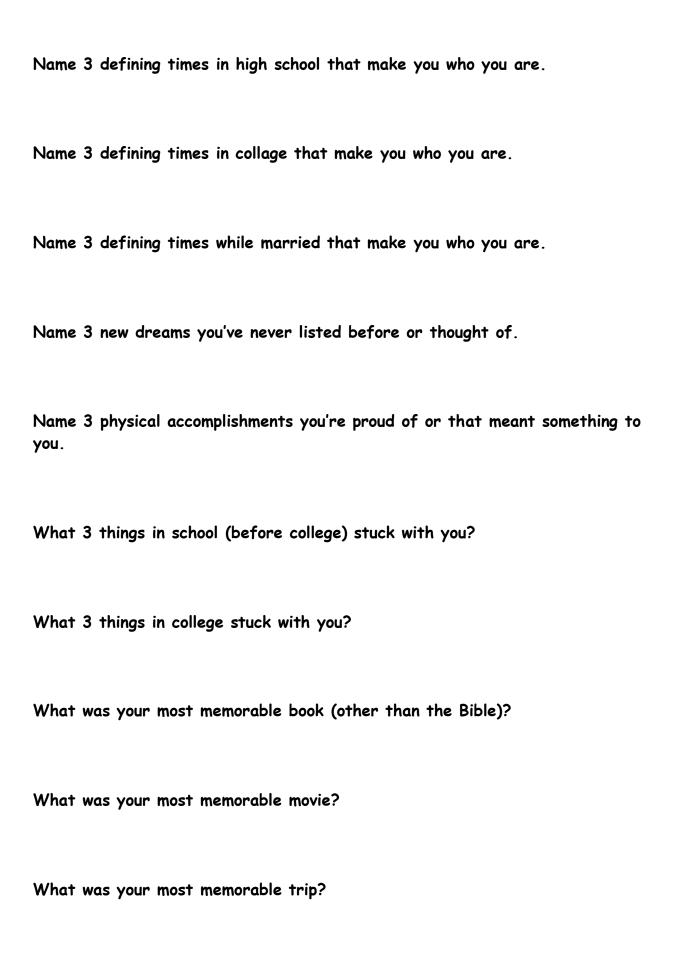
When you think the word "hate," name 4 things that come to mind.

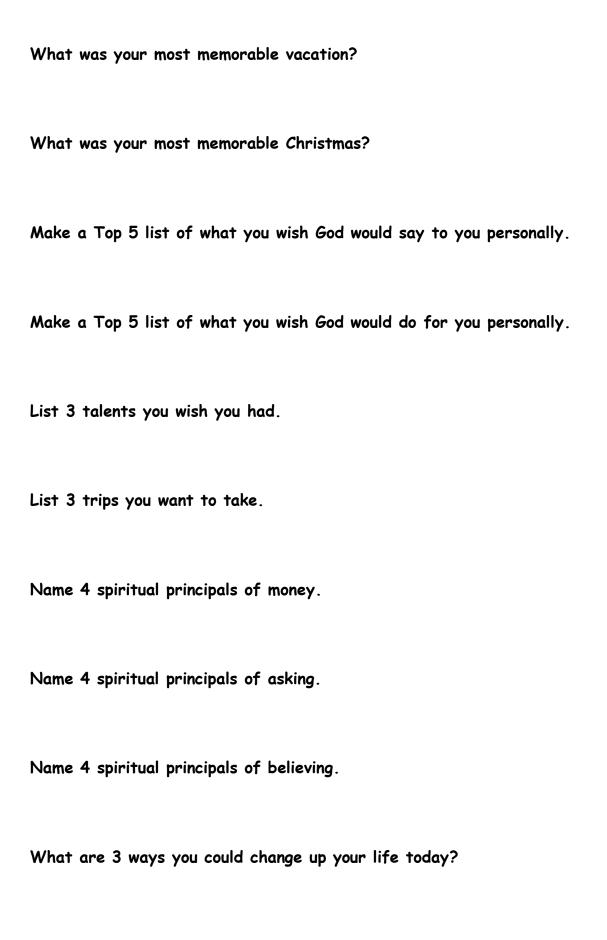
When you think the word "surprise," name 4 things that come to mind.

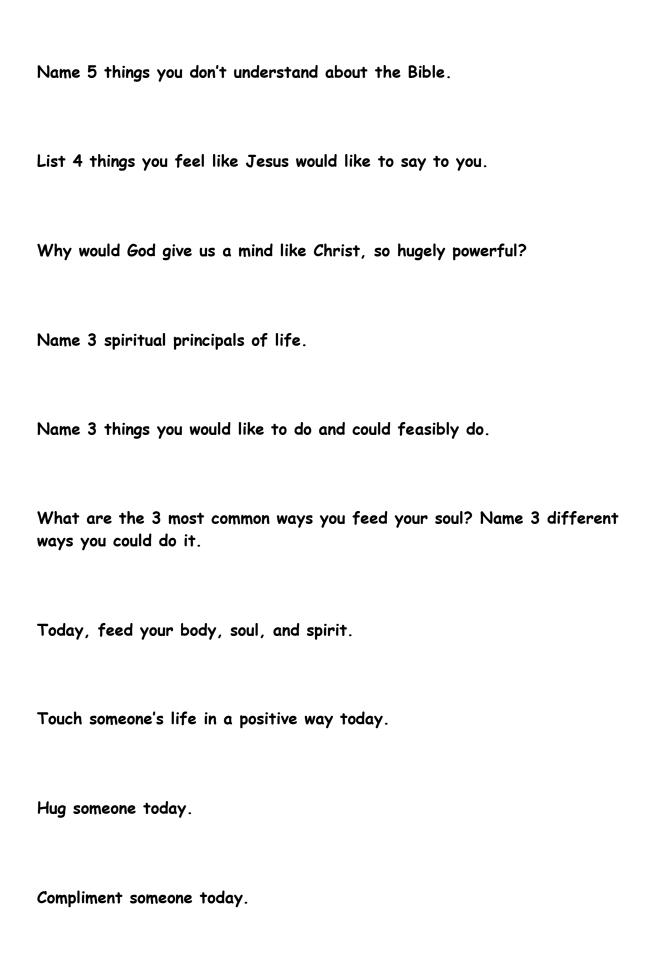
When you think the word "escape," name 4 things that come to mind.

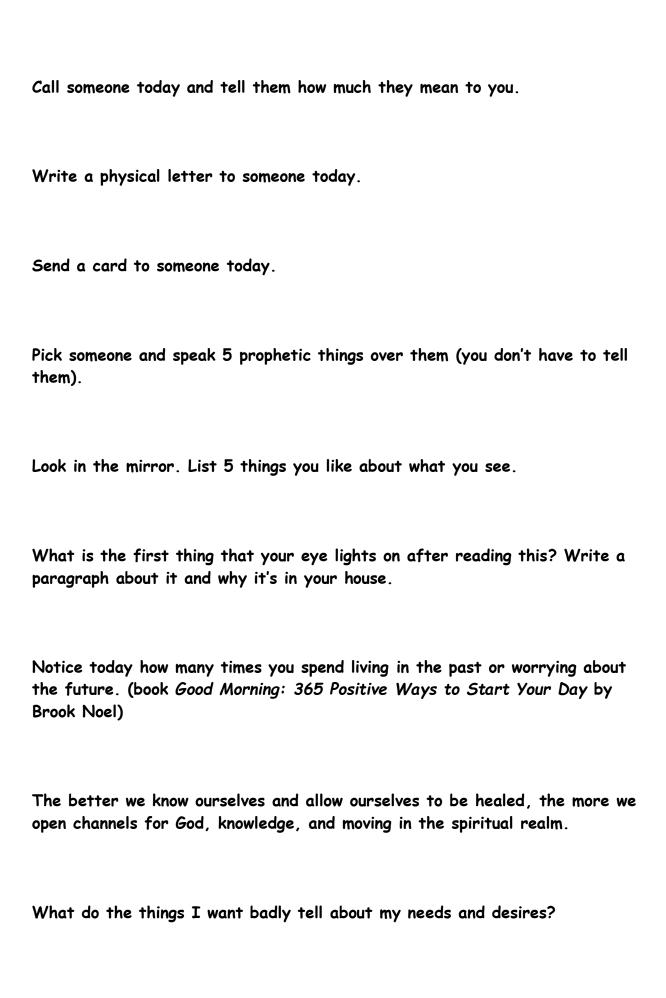
When you think the phrase "run away," name 4 things that come to mind.

Name 5 defining times before high school that made you who you are.









Walking with Jesus we have to believe that our choices will have positive responses, for example, we'll meet someone new, exciting things will happen, adventure. Today look for positive responses to your choices.

You are in an entire world unto yourself. You bring your reality, your experiences, your thoughts, perceptions, and story, onto every single thing. But every person has it individually and uniquely. So how do you determine reality, truth, fact or fiction, God's reality, your reality—how do you sort that out?

Because expecting is huge (the law of attraction, the placebo effect, sowing & reaping) what are you visualizing today?

God gives you the ability to triumph over every situation, whether you understand it or not (David anointed king but living in caves). I have all the spiritual strength, joy, peace, & contentment I need. But what are my expectations in the physical?

Free will puts control of our lives into our own hands. How much has God chosen to limit himself by our choices, & what sets his hands free to move in our behalf? Belief, expectation, intimacy & relationship, asking, seeking, knowledge, wisdom?

If God draws closer to those who pursue him, what's the difference between earning God's favor & pursuing him?

Think about this: "Christianity is the one religion on the face of the earth whose God DOESN'T WANT you to make merit for him." (Terry Murphy)

Free people are powerful, and powerful people are free. Only free people can dream. Slaves can't dream. It is impossible for slaves, servants, and powerless people to dream. "And they became like those who dream again and their mouth was filled with laughter." (Psalm 126:1,2; Danny Silk)

"When I don't know where I'm going or what I'm doing, movement feels like progress." (Danny Silk on Dreams) Am I currently moving or not?

Awareness questions—Why am I currently doing what I'm doing? Is it to escape doing something else or to escape doing something I want to do because this is easier? Is this something I want to be doing, is it authentically me? Is this something I want in my life working towards the real me?

Pay attention today to whether you're in the moment or in your head. Not only in the moment but appreciating the moment. How can you be authentically yourself while you do this?

Today looks like the usual, mundane day. Instead, find the adventure, the fun, pleasure, joy, and look for every small thing that fills this day with life. Turn this day from the usual, to living life.

Today, watch how you waste emotional energy being frustrated over things you have no control over.

You choose your story. Is it that you're lost, fearful, & floundering? Or is your story that you take all the things you think are God and create a story of how God is involved in your life, how he loves you, and how he cares about every detail. You can write a story of encouragement or of discouragement, it's your choice.

Whether your life story is imagination or reality, it impacts you mind, body, and soul. Choose to write a story based on what the Bible says about you being loved by Jesus. The details, however they are, whether God-given, spiritual realm, or imagination, still are what write your story. You have the ability to choose your story. What story are you writing today?

Name at least 2 outside influences in your life that cause you to have a negative emotional response. Even if you don't respond out loud, what internally causes a negative emotional reaction? How can you change that? What boundaries can you set to protect yourself?

Dreaming is free, but hope costs a lot, yet without hope life is nothing. Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. (Prov 13:12) The price of hope is high. What is the state of your hopes today?

Since God ALREADY wants & has promised to give us wisdom & discernment, change asking for it to "thanks for wisdom & discernment." Then listen, expecting and watching for it throughout today.

Does the soul incorporate the physical AND the spiritual?

God gave us our brain, soul, experience and ability, and promises the wisdom to make wise choices. So make wise choices! We should recognize the life or death choices. For the others—just make them! It's who you are & what you want. Walk out life, as YOU!

God's marriage contract with us: I will betroth you to me forever; I will betroth you in righteousness and justice, in love and compassion. I will betroth you in faithfulness, and you will acknowledge Me as your Husband. (Hos 2:19,20)

Russell (on Survivor) didn't wait for a clue to the hidden immunity idol, he just went after it, knowing it was there somewhere, and he found it. How can we be that way spiritually, like with the secret of getting money?

The minute you walk into a bookstore anything is possible. You can be and do anything, see what it feels like, and learn how to do it. You can read about others' experiences doing it. Isn't the spiritual realm like this?

"Don't get frustrated because blind people can't see. You can tell and show but only God can make them see." (Dan Richie) How are you trying to do God's job?

Walking supernaturally isn't deluding yourself, it's choosing not to let your physical circumstances dictate your thought patterns. For example: fear, stress, anxiety, frustration, anger, and pain impact how we think. Today, work on choosing differently.

Reality is living on the inside, in the Garden of Eden, peacefully. Work on living there today.

Today watch for angels and how they're involved in your day.

"You don't move in the supernatural with your reason, you have to move your head out of the way. Let Holy Spirit take control. Faith is to believe God beyond reason. The revelation is what will produce the manifestation of God in us." (Gullearo, off It's Supernatural) How is your head in the way today?