

If you could take a Holy Spirit class this year, what would it be?

Notice 3 pleasant smells today.

Name 3 smells associated with good memories.

Name 3 smells associated with your childhood.

Name 3 smells associated with life now.

Name 3 smells associated with pleasure.

Name 3 smells associated with your grandparents.

Notice the smell of food today.

Notice the smell of fresh air today.

Notice your breathing today.

Notice 3 pleasant tastes today.

Name 3 tastes associated with good memories.

Name 3 tastes associated with your childhood.

Name 3 tastes associated with life now.

Name 3 tastes associated with pleasure.

Name 3 tastes associated with extended family.

Name 3 tastes associated with your grandparents.

Notice salty tastes today.

Notice sweet tastes today.

Notice bitter tastes today.

Notice sour tastes today.

Notice 3 pleasant sights today.

Name 3 sights associated with good memories.

Name 3 sights associated with your childhood.

Name 3 sights associated with life now.

Name 3 sights associated with pleasure.

Name 3 sights associated with extended family.

Name 3 sights associated with your grandparents.

Notice 3 pleasant sounds today.

Name 3 sounds associated with good memories.

Name 3 sounds associated with your childhood.

Name 3 sounds associated with life now.

Name 3 sounds associated with pleasure.

Name 3 sounds associated with extended family.

Name 3 sounds associated with your grandparents.

Notice 3 pleasant textures today.

Name 3 textures associated with good memories.

Name 3 textures that affect you negatively.

Name 3 textures associated with your childhood.

Name 3 textures associated with life now.

Name 3 textures associated with pleasure.

Name 3 textures associated with your grandparents.

Notice 3 pleasant colors today.

Name 3 colors associated with good memories.

Name 3 colors that affect you negatively.

Name 3 colors associated with your childhood.

Name 3 colors associated with life now.

Name 3 colors associated with pleasure.

Name 3 colors associated with extended family.

Name 3 colors associated with your grandparents.

Notice what 3 colors stand out to you today.

Notice what 3 smells stand out to you today.

Notice what 3 tastes stand out to you today.

Notice what 3 sights stand out to you today.

Notice what 3 sounds catch your ear today.

Notice what 3 textures catch your attention today.

Notice and name 3 emotions you've felt today.

What makes your soul dance today?

Put an adventure in your day.

Smell something you've never smelled before.

Taste something you've never tasted today.

Listen to something you've never heard before.

Touch something you've never touched before.

Watch for beauty today.

**Stop 6 times today (set your alarm if need be) to experience the moment.
How do you feel?**

**Stop 6 times today (set your alarm if need be) to experience the moment.
What are you doing?**

**Stop 6 times today (set your alarm if need be) to experience the moment.
What is Jesus doing?**

Call a friend and encourage them.

**Listen for Holy Spirit to tell you an encouraging word for someone and then
give it to them.**

Talk to someone you haven't talked to in a while.

Email someone you haven't written in a while.

Pay a compliment to as many people as possible today.

If Jesus were physically on earth now what 3 things would you do with him if you could?

What 3 things are you most interested in about heaven, other than God?

If you had a favorite spiritual room with Jesus what would it be and what would it look like? Name 5 things it would have in it.

What kind of car would Jesus drive?

Be aware of Jesus joining you in whatever you're doing today.

Take a plane ride with Jesus.

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.

Outside the Bible, choose a book on your bookshelf and tell Jesus why you like it.

Think about obedience today and ways that you see it work out.

Think about sacrifice today and ways that you see it work out.

Think about love today and ways that you see it work out.

Think about joy today and ways that you see it work out.

Think about emotion today and ways that you see it work out.

Think about peace today and ways that you see it work out.

Think about patience today and ways that you see it work out.

Think about kindness today and ways that you see it work out.

Think about goodness today and ways that you see it work out.

Think about faithfulness today and ways that you see it work out.

Think about gentleness today and ways that you see it work out.

Think about self-control today and ways that you see it work out.

Why did God create emotions?

Name 3 weapons we have against fear.

Name 3 weapons we have against evil.

Name 3 weapons we have against anger.

Name 3 weapons we have against sickness.

What does the Bible mean by "love the Lord your God with all your heart"?
(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 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 3rd 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?

Choose to NOT live in default today. Take the offensive instead of living defensively. At the end of the day, how did that change it up?

Take a risk today.

"Sometime in your life you will go on a journey. It will be the longest journey you have ever taken. It is the journey to find yourself." (Katherine Sharp)

"One does not discover new lands without consenting to lose sight of the shore for a very long time." (Andre Gide)

"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit." (Helen Keller)

"Your diamonds are not in far distant mountains or in yonder seas; they are in your own backyard, if you but dig for them." (Russell H. Conwell)

"I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be alive is a grand thing." (Agatha Christie)

"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?

If no one knew (and money didn't matter), what 3 outrageous things would you try?

What 3 daring things sound intriguing, even if you never dared attempt them?

You have 3 all-expenses-paid vacations to take—where are you going?

Pretend you're a friend and you're telling them all the things you dislike about yourself and how you currently feel. Listen to yourself with compassion. Give yourself grace and permission to feel it.

What books (outside the Bible) have had the most impact on you—good or bad?

What movies have had the most impact on you—good or bad?

List 5 positive experiences that have made you who you are.

List 5 negative experiences that have made you who you are.

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

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.

Name 3 defining times in high school that make you who you are.

Name 3 defining times in collage that make you who you are.

Name 3 defining times while married that make you who you are.

Name 3 new dreams you've never listed before or thought of.

Name 3 physical accomplishments you're proud of or that meant something to you.

What 3 things in school (before college) stuck with you?

What 3 things in college stuck with you?

What was your most memorable book (other than the Bible)?

What was your most memorable movie?

What was your most memorable trip?

What was your most memorable vacation?

What was your most memorable Christmas?

Make a Top 5 list of what you wish God would say to you personally.

Make a Top 5 list of what you wish God would do for you personally.

List 3 talents you wish you had.

List 3 trips you want to take.

Name 4 spiritual principals of money.

Name 4 spiritual principals of asking.

Name 4 spiritual principals of believing.

What are 3 ways you could change up your life today?

Name 5 things you don't understand about the Bible.

List 4 things you feel like Jesus would like to say to you.

Why would God give us a mind like Christ, so hugely powerful?

Name 3 spiritual principals of life.

Name 3 things you would like to do and could feasibly do.

What are the 3 most common ways you feed your soul? Name 3 different ways you could do it.

Today, feed your body, soul, and spirit.

Touch someone's life in a positive way today.

Hug someone today.

Compliment someone today.

Call someone today and tell them how much they mean to you.

Write a physical letter to someone today.

Send a card to someone today.

Pick someone and speak 5 prophetic things over them (you don't have to tell them).

Look in the mirror. List 5 things you like about what you see.

What is the first thing that your eye lights on after reading this? Write a paragraph about it and why it's in your house.

Notice today how many times you spend living in the past or worrying about the future. (book *Good Morning: 365 Positive Ways to Start Your Day* by Brook Noel)

The better we know ourselves and allow ourselves to be healed, the more we open channels for God, knowledge, and moving in the spiritual realm.

What do the things I want badly tell about my needs and desires?

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?