


Activation Pages

By Mukkove Johnsont

Week 1 Day 1

Remember a time Jesus found you in your mess and loved you.
Thank Him for finding you and loving you as you were.



He gives power to
the faint, and to
him who has no
might he
increases
strength.

Isaiah 40:29

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Week 1 Day 2

Where has perfection stood between you and your healing?

Come to me, all
who labor and are
heavy laden, and I
will give you rest.

Matthew 11:28



Week 1 Day 3

Write a permission slip for you to love yourself. Write about what it looks like to love yourself.

We love because
he first loved us.

1 John 4:19

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Week 1 Day 4

Write about a time comparing hurt you. Ask Jesus for His perspective.

All these are
empowered by
one and the same
Spirit, who
apportions to
each one
individually as he
wills.

1 Corinthians 12:11

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Week 1 Day 5

Identify one negative message about yourself. Ask God for the truth.

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

2 Corinthians 10:5

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Week 2 Day 1

What mess can you be honest about not being able to handle on your own and bring to Jesus?


If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

James 1:5

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Week 2 Day 2

Identify one cultural voice you can stop listening to. Where are you letting someone else's ideas make you discontented?



Do not be
conformed to this
world, but be
transformed by
the renewal of
your mind, that
by testing you
may discern what
is the will of God,
what is good and
acceptable and
perfect.

Romans 12:2

Week 2 Day 3

Identify an area where your actions don't match what you think you believe.

Can a fig tree, my
brothers, bear
olives, or a
grapevine
produce figs?
Neither can a salt
pond yield fresh
water.

James 3:12

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Week 2 Day 4

Write about something you beat yourself up for. Then get curious. Ask questions like:

- Why am I doing this?
- What do I think will happen?
- Why am I afraid of that?

And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.

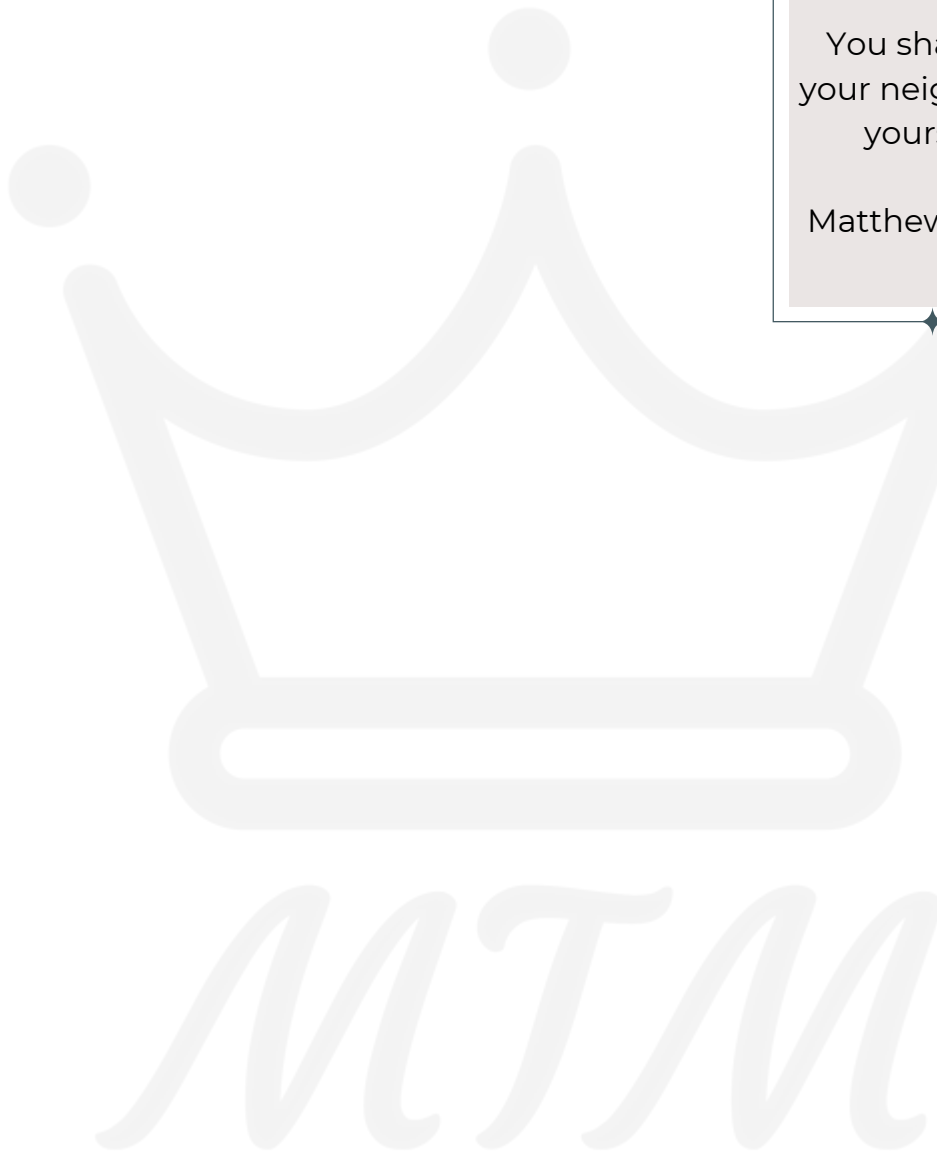
Isaiah 30:21

Week 2 Day 5

How can you love yourself as you love others?

You shall love
your neighbor as
yourself.

Matthew 22:39b



Week 3 Day 1

Reflect on all you have been forgiven. Pour out your gratitude for that wonderful gift.

Bless the Lord, O
my soul, and
forget not all his
benefits, who
forgives all your
iniquity, who
heals all your
diseases,

Psalms 103:2-3

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Week 3 Day 2

Try imagining the table God has prepared for you. What's on it?
What does it look like?

He brought me to
the banqueting
house, and his
banner over me
was love.

Song of Solomon
2:4

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Week 3 Day 3

What do you bring to the table? After you've presented it to the Lord, ask what He has for you in exchange.

... to give them a beautiful
headdress instead
of ashes, the oil of
gladness instead
of mourning, the
garment of praise
instead of a faint
spirit; ...

Isaiah 61:3b

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Week 3 Day 4

Ask God how He feels about you.

Because you are
precious in my
eyes, and
honored, and I
love you,

Isaiah 43:4a



Week 3 Day 5

What is stealing your peace? Give it to God. Ask Him what He has for you in exchange.

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

John 14:27

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Week 4 Day 1

Write about a time saying yes to God resulted in a mess.

And Mary said,
“Behold, I am the
servant of the
Lord; let it be to
me according to
your word.”

Luke 1:38

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Week 4 Day 2

Reflect on a time God asked you to do something, and you said yes, even if you did not really want to.

Therefore Hebron became the inheritance of Caleb the son of Jephunneh the Kenizzite to this day, because he wholly followed the Lord, the God of Israel.

Joshua 14:14

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Week 4 Day 3

Write about a specific instance in your life where God is asking you to say yes to His plan.

He restores my
soul. He leads me
in paths of
righteousness for
his name's sake.

Psalms 23:3



Week 4 Day 4

Ask God for a picture of how He sees you. Say yes to what He shows you.

You are
altogether
beautiful, my love;
there is no flaw in
you.

Song of Solomon
4:7

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Week 4 Day 5

Accept God's invitation to come to the table. Ask Him who you are to Him.

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.

1 John 4:7-8

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