

Week 1

Activation 1

Make a commitment to being all-in for the process that the Lord will take you on over the next 9 weeks.

“Jesus, I give you permission to do a work within me over the next 9 weeks. I invite the Holy Spirit to lead me and guide me in every area of my life. I am open and willing to receive all that you have for me Lord. I ask you to challenge me and grow me into your image and likeness as I partake of this journey. I give these next 9 weeks to you and commit to being all-in for whatever you have for me.”

Signed _____

What is your goal for this course?
What are you hoping to get out of it?

Activation 2

Take some time to journal this week and ask the Lord the questions below using the 4 keys to hearing God's voice.

Question 1: Jesus, how do you see me?

Question 2: Jesus, what do you love about me?

Question 3: Jesus, what would you like me to know about you today?

Activation 3

1. Write down everything you have ever thought about men, good or bad. Take your time to make your list.
Write down everything you can think of
2. Write down every trigger that has come up for you in relation to men. Then take some time and ask God what the root of each trigger is and allow Him to walk you through the process.
3. Write down your earliest memories of someone telling you about men or what men are like.
How did this shape your view of men?

Activation 4

List every lie about men that came up during Activation 3 and then ask God for the truth to combat it (and write it down).

Activation 5

Write down your new truths and how have you already seen them in the men around you?

Write down how can you pursue looking for evidence of this new truth this week?

Start to keep a list of the evidence of new truth. Every time you see something or remember something, write it down.

Activation 6

Honor 3 men in your life by telling them what you love/appreciate about them