

5 Day Devotion Challenge

DAY ONE

# The Shack

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Meditation Exercise: Ignite your senses.

1. Put yourself into a relaxed posture. (sit, lie down, pull your legs in, wrap yourself in your throw)
2. Close your eyes and open your mind's eye and heart
3. Enjoy Breath (life). Breathe deeply in through your nose and slowly exhale through your mouth (repeat for 10 breaths)
4. Enjoy a normal breath - continuing in through the nose and out from the mouth

Visualize and continue with normal breathing

- Imagine the scene at the table - Jesus, the Holy Spirit, Papa and Mack. Now insert yourself.
- What does it smell like in the room? Enjoy the scent.
- Are the lights bright? Or is the room lit with candles? Set the scene.
- Go around the table and take your time with each conversation. What is Jesus saying to Papa? What is papa saying to Holy spirit? What does Holy spirit speak to Mack? And what does Mack say to you?
- What words do you need to hear about yourself? What would lift your spirits in the setting around the table?
- Take your last few breaths - breathing in the words "I love you" and exhaling the words "Thank You"

# The Shack

Write it down and pour some love on it!

1. What is thing or person that occupies most of your thoughts?

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2. Does this object of your attention represent something you love?

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3. Why does it hold such priority space? Does it deserve to be in that position?  
If Yes, why? If no, why is it there?

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