



Stalking Jesus

There is No Restraining Order

Homework: "From Stagnant to Strengthened" Reflection Assignment

Homework Instructions: Answer the following honestly and prayerfully:

1. In what area of your life have you become spiritually or mentally idle?
2. What excuses have you been using to avoid growth or change?
3. How are you currently feeding yourself spiritually?
4. What is one daily action you can take this week to move forward with God?
5. Pray and ask God to reveal where diligence is needed in your life. Write what you hear.

Action Step

Choose **ONE** area (spiritual, mental, emotional, physical, or financial) and commit to one small action daily for 7 days.