



The Focus word for September is Practice

The verse for week 39, Sept. 20-26

"Be joyful always; pray continually; **give thanks in all circumstances**, for this is God's will for you in Christ Jesus."

1 Thessalonians 5:16-18

As I mentioned last week, just because this month is about practice doesn't mean that once the month is over, we just move on...

We need to practice these things every single day and this week's verse gives us three things to do:

- Be Joyful
- Pray Continually
- Give Thanks

I don't know about you but I need a post-it note (or a tattoo) that is visible at all times as a reminder.



THIS WEEK:

Print this out and put it where you can see it often and then make an effort to write in your journal, notebook, planner, art journal, a napkin EVERYDAY about something that you are Joyful for & Thankful about and of course, pray continually.



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