

Abundant Life



A photograph of a young woman with long, dark, wavy hair, wearing a white lace-trimmed top and a white fuzzy hat. She is sitting on a bed, reading an open book. Her left hand is resting on her chin. In the background, there is a white bedside table with a silver alarm clock, a small vase with dried flowers, and a white mug. The scene is brightly lit, suggesting a morning or afternoon setting. The image is partially overlaid with large, abstract shapes in orange, yellow, and blue.

JOURNAL ACTIVITY



**...there is now
no condemnation
for those who are in
Christ Jesus**

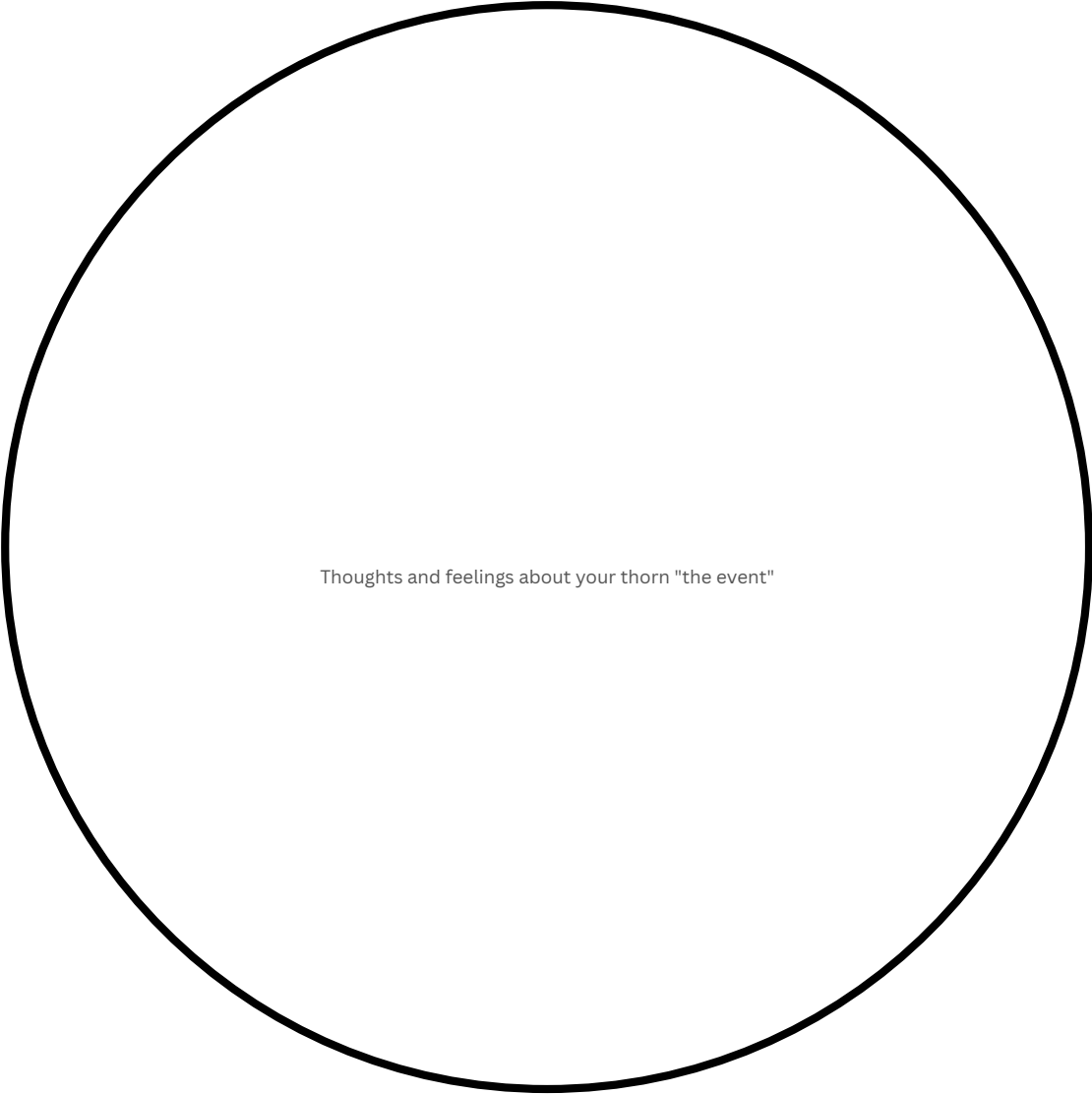
Romans 8:1



Just a reminder
to not judge
yourself,
TAL Team
😊

THORN AND ROSE JOURNAL ACTIVITY

Helpful things you did or can do



Thoughts and feelings about your thorn "the event"





Now to the Rose!

... the mind governed by the Spirit is life and peace.

Romans 8:6



the voice

PHILIPPIANS 4:6-8

6 Don't be anxious about things; instead, pray. Pray about everything. He longs to hear your requests, so talk to God about your needs and be thankful for what has come.

7 And know that the peace of God (a peace that is beyond any and all of our human understanding) will stand watch over your hearts and minds in Jesus, the Anointed One.

8 Finally, brothers and sisters, fill your minds with beauty and truth. Meditate on whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is good, whatever is virtuous and praiseworthy.

