

Day 4

What To Pack



Reflection

Preparation for any trip includes what to take or not to take, counting the costs and a heartfelt commitment to stay with the itinerary. Like the car above, we often bring things that only weigh us down. By the end of the trip, we find we must leave things behind to make room for the new treasures we will bring back..

1. What are you packing for your healing journey?

2. What do you hope to leave behind?

3. What do you hope to bring back with you?

4. How desperate are you on a scale of 1 to 10, with 1 being the least and 10 the most? _____

5. On a scale of 1 to 10, with 1 being the least and 10 the most, how determined are you to become healed free of the burdens you are carrying? _____

Desperation + Determination + Truth =

You will
know the
truth and
the truth
will set you
free.

John 8:32