



Unbound Grace
MINISTRIES

PRESS *Check-In*

WHERE AM I?

Physically

How am I eating, sleeping, and exercising?

Recovery

What is contributing to it?

What is distracting from it?

Emotionally

What am I feeling right now?

What positive and negative emotions I have felt today?

Socially

Do I feel seen and known in my current relationships?

Spiritually

Where have I experienced the presence of God today?

Am I moving toward God or am I hiding from Him?



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PRAYING THE **PATH**

Psalm 25:4

Patience

Father, you are patient with us. Show me how to be more patient. Remind me that change takes time. Help me to slow down and align my expectations with your patient love.

Authenticity

Jesus, you are trustworthy and you never change. Help me to be honest, and truly myself with you and others. Spirit, help me to know myself in the context of your redeeming love.

Thankfulness

Father, you are not stingy. You are generous. All of my life is a gift. Thank you for not giving me what my sins deserve. Thank you for your grace.

Humility

Lord, I need you more than I know. Help me forget myself as I care for others. Grant true humility. I entrust myself to you and believe that you will take care of me.