

Arabah Jay Blog presents...

----- My Facebook *to* **THE** Book plan -----

Identify 3 things that are filling spaces but not adding value to your life.

- 1.
- 2.
- 3.

Choose ONE to completely eliminate this week:

What will you replace that "thing" with?

Knowing in advance what you are going to "reach for" in the place of that thing is essential to actually carrying through on your commitment. We are creatures of habit and without a plan, we fall back on what comes natural and easy.

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5 replacement suggestions:

1. Choose a book of the Bible to study. Work through it chapter by chapter using the Chapter Bible Study Method.
2. Pray scripture for your child using [these scripture cards](#).
3. Journal.
4. Call a godly friend who will encourage your vision, strengthen your faith, and remind you of gospel truths.
5. Play a game with your kids. Or read a book. Or clean a closet. Or plan a meal. Or just be still. Because in the still, small places, we can know God.