



# WAKE UP YOUR SOUL

## 10 WAYS | 10 DAYS

10 10  
MINISTRIES

- DAY 1 FIND A QUIET PLACE, SCREEN FREE, FOR 10 MINUTES. BE STILL. REST.
- DAY 2 MAKE A LIST OF LIFE-GIVING THINGS. DO ONE IN THE NEXT THREE DAYS.
- DAY 3 GOOGLE PSALM 46:10 AND PRAY ABOUT IT.
- DAY 4 CONNECT WITH SOMEONE WHO'S AN ENCOURAGER IN YOUR LIFE.
- DAY 5 WAIT LONGER THAN YOU'RE COMFORTABLE TO CHECK YOUR PHONE IN THE MORNING.
- DAY 6 TALK TO GOD MORE. DO MORE LISTENING THAN SPEAKING.
- DAY 7 MAKE A LIST OF NON-ESSENTIAL, LIFE-DRAINING THINGS (PEOPLE, OBLIGATIONS, APPS, STUFF). GET RID OF ONE OF THEM.
- DAY 8 TAKE A WALK. APPRECIATE SOMETHING GOD CREATED. LEAVE YOUR PHONE BEHIND.
- DAY 9 SCHEDULE A TIME WEEKLY TO REST AND THINK. COMMIT TO IT LIKE ANY OTHER APPOINTMENT.
- DAY 10 GOOGLE COLOSSIANS 3:23, THEN DO SOMETHING ANONYMOUS AND GENEROUS.