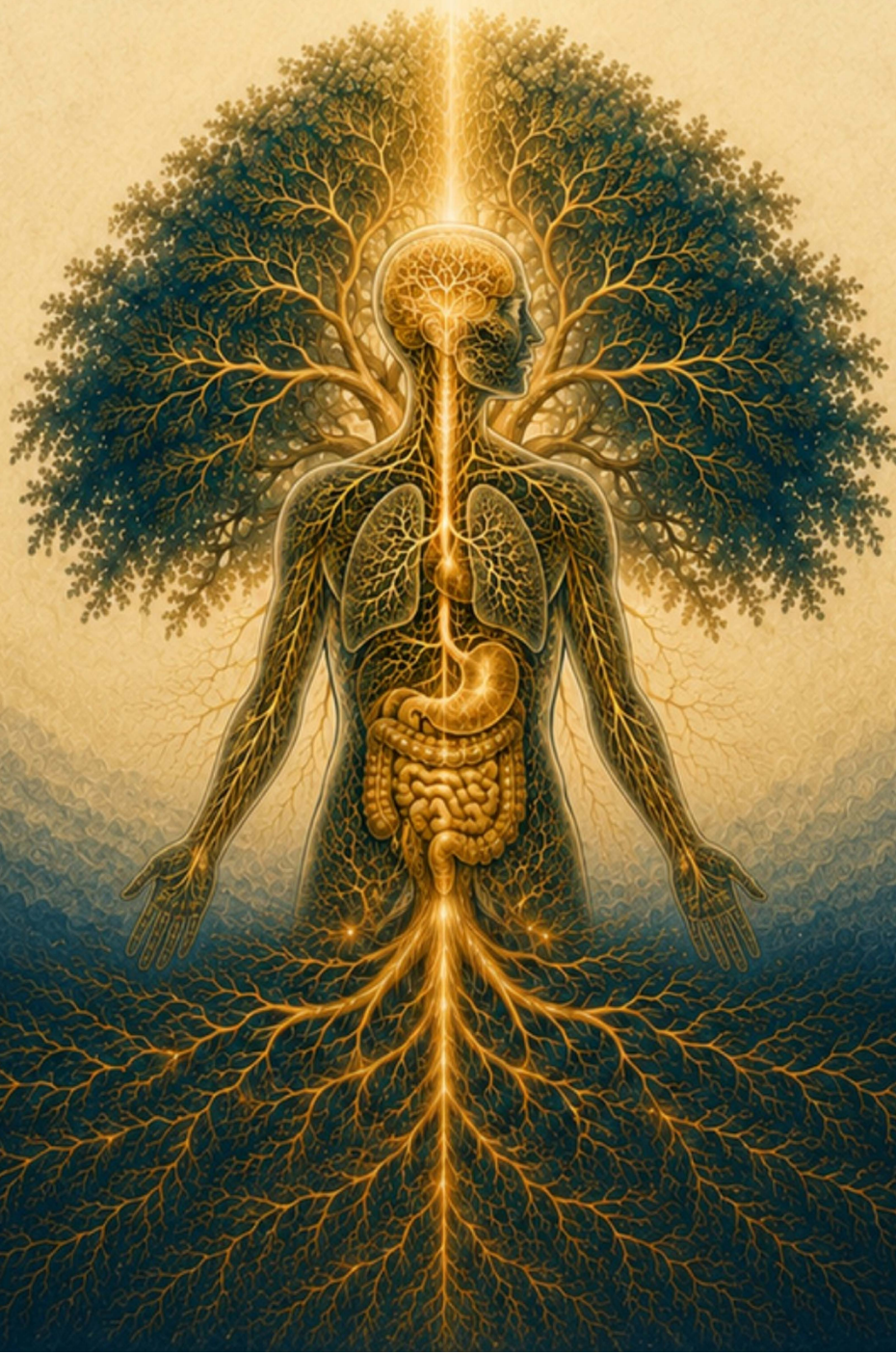


FEARFULLY MADE

A 21-Day Plan for Filling the House

*A three-week companion for coming home
to God, in body and soul*



Three weeks to move the book from your head into your days, tracing the same road it travels: first remember what you are, then name what has gone wrong and turn, then do the small things that fill the house. Read the verse, sit with it a moment, and do the one small practice. If you miss a day, simply begin again.

WEEK ONE

Remember What You Are

1

Psalm 139:14 *"I am fearfully and wonderfully made"*

PRACTICE Lay a hand on your chest, take three slow breaths, and thank God for one thing your body did for you today.



2

Genesis 1:26 *"Let us make man in our image"*

PRACTICE Name one person you were made for, and send them a short word of connection.



3

1 Corinthians 6:19 *"Your body is the temple of the Holy Ghost"*

PRACTICE Do one small act of temple-keeping: water, a walk, or an earlier bedtime.



4

Genesis 2:7 *"Man became a living soul"*

PRACTICE Eat one meal slowly and with thanks, noticing that you are body and soul together.



5

Hebrews 4:15 *"Touched with the feeling of our infirmities"*

PRACTICE Tell God one weakness plainly. He already knows it from the inside.



"I will praise thee; for I am fearfully and wonderfully made." PSALM 139:14

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WEEK TWO

Name It, and Turn Home

6

John 10:10 *"I am come that they might have life"*

PRACTICE Write down one lie the thief tells you, and answer it aloud with this verse.



7

1 John 2:16 *"The lust of the flesh, and of the eyes"*

PRACTICE Notice one pull today, and pause before you follow it.



8

Romans 7:19 *"The good that I would I do not"*

PRACTICE Confess one divided place to God without scolding yourself, and ask for help.



9

Psalms 13:1 *"How long, O LORD"*

PRACTICE Pray one honest lament. Tell God exactly how long it has felt.



10

James 4:8 *"Draw nigh to God, and he will draw nigh to you"*

PRACTICE Take one step toward Him: open the Word, kneel, or simply say His name.



11

1 Peter 5:7 *"Casting all your care upon him"*

PRACTICE Name your heaviest care, and hand it over in a single sentence.



12

Psalms 34:18 *"The LORD is nigh unto them of a broken heart"*

PRACTICE Sit quietly for five minutes and let Him be near, without fixing anything.



"Draw nigh to God, and he will draw nigh to you." JAMES 4:8

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WEEK THREE

Now Do These

13

Romans 8:1 *"There is now no condemnation"*

PRACTICE Replace one self-condemning thought with this verse, word for word.



14

Matthew 11:28 *"Come unto me, and I will give you rest"*

PRACTICE Take a real rest today, however small, as obedience and not laziness.



15

Psalm 46:10 *"Be still, and know that I am God"*

PRACTICE Spend two minutes in stillness before you reach for your phone in the morning.



16

Romans 12:1 *"Present your bodies a living sacrifice"*

PRACTICE Offer one ordinary task to God as worship before you begin it.



17

Philippians 4:6 *"With thanksgiving let your requests be made known"*

PRACTICE For one worry, write three thanksgivings beside it.



18

1 Thessalonians 5:17 *"Pray without ceasing"*

PRACTICE Tie a short prayer to a daily cue: at every doorway, breathe and say, Lord.



19

Hebrews 10:25 *"Not forsaking the assembling of ourselves"*

PRACTICE Reach out to one believer, and plan to be in the room with God's people.



20

Mark 2:27 *"The sabbath was made for man"*

PRACTICE Set aside one hour this week to stop entirely, and protect it.



21

1 John 4:18 *"Perfect love casteth out fear"*

PRACTICE Receive being loved. Rest in it, let one fear go, and tomorrow begin again.



"Be ye doers of the word, and not hearers only." JAMES 1:22

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