

Name(s): _____

Date: _____ Session # _____

1. Pray

- Pray specifically for the counseling process at least 3x this week
- Pray for yourself that God would help you see what He wants you to see about yourself and where you need to repent, change and grow.
- Pray for your counselor to have wisdom and insight – to know where to work and what to do.
- If married, Pray for your spouse to be encouraged in the process and to see the changes being made in your life.
- Pray together as a couple – husband, you initiate the prayer time.
- Set up a prayer journal

2. Attend

- Sunday Worship
- Group
- Other:

*Record principles that you can apply to your life right now and come ready to share them at our next session.

3. Bible Reading

- Record principles that you can apply to your life right now.

4. Memorize and be ready to explain.

5. Read / Listen

- Underline the 10 most important sentences to you.
- Write a 3-5 sentence summary of the reading and how it applies to your life.
- Listen to the sermon audio _____

6. Other

Charges for Materials: _____

Next Appointment: _____