Date Losing the Weight of: Asking God to create in us: Bible Readings: Fruit of the Spirit

Jan 5-6 Perfectionism

What people think of me Authenticity & Self Compassion Matt 4:12-23 follow me Gentleness

Jan 12-13 Numbing/ Powerlessness Resilient Spirit Isaiah43:1-7 Self-Control

Luke 3:15-22

Jan 19-20 Scarcity and Fear Gratitude & Joy 1 Corinthians 12:1-11 Goodness

John 2:1-11

Jan 26-27 Need for Certainty Intuition & Trusting Faith I Corinthians 12:12-31 Faithfulness

Luke 4:14-21

Feb 2-3 Comparison Creativity 1 Corinthians 13:1-13 Love

Luke 4:21-30

Feb 9-10 Exhaustion as a status- Play & Rest I Corinthians 15:1-11 Kindness

symbol & productivity as Luke 5:1-11

self-worth

Feb 16-17 Anxiety Calm & Stillness I Corinthians 15:12-20 Peace

Luke 6:17-26

Feb 23-24 Self- doubt, “Supposed to” Meaningful Work I Corinthians 15:35-38,42-50 Patience

Luke 6:27-38

Mar 2-3 Being cool & “in control” Laughter, Song & Dance 2 Corinthians 3:12-4:2 Joy

Luke 9:28-43a