



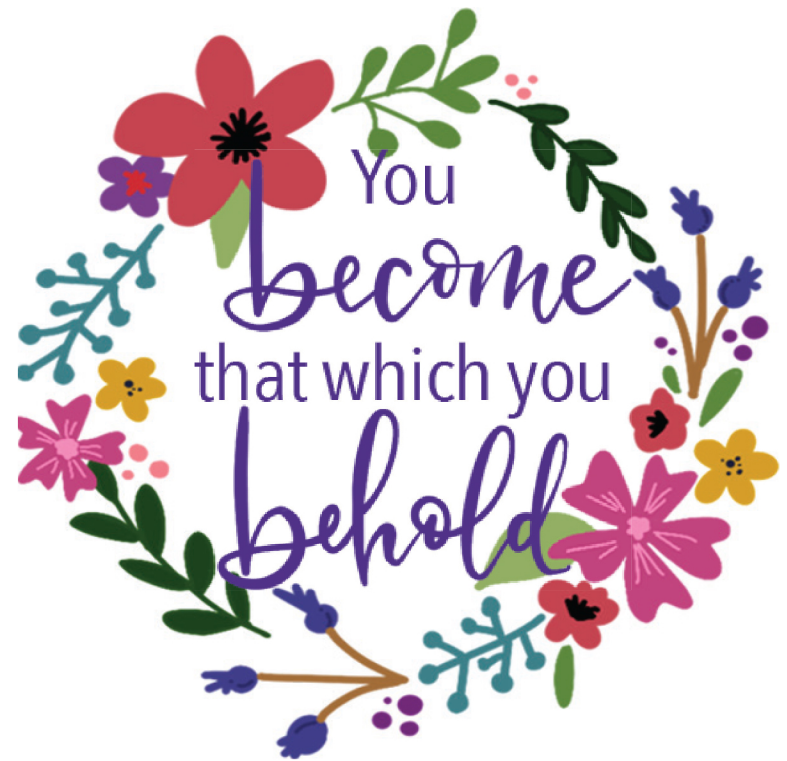
challenge

Over the course of the next month, before you rest or fix your eyes on the objects or people who, up until now, have received your attention and gaze, can you give your eyes and focus to the Lord?

Before you turn on that TV show, check your Instagram feed, or settle into your day of chaos, take a moment and read Psalm 145. Read it in its entirety. Slowly. After you have read it, write down in a journal three characteristics of God this passage reveals.

Do this seven times throughout the month. By the end you should have an extensive list of incredible truths about God, your Father. As you do this, you will start to see His face coming into focus.

The more you look upon and behold His face, the more you yourself will look like Him.



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