



EPISODE GUIDE

PODCAST #474: "HOLD ON" BY KATY NICHOLE

Bible

Read and re-read Paul's first letter to Timothy. Consider purchasing a Scripture Journal or printing out a copy of the text with room to mark it up.

Interact

Mark up the text by highlighting repeated words or phrases, making lists (either in the margin or with small numbers above each word), and noting questions or observations.

Tool

Wherever you see the word "purpose," "charge," "instruction," or other proactive words with results listed, make note of the desired results and then consider the opposite. For example, the opposite of holding on is letting go.

Exercise

Did you uncover something in your "consider the opposite" exercise that you do/believe? Meditate on what behavior/belief God is calling you to, confess where you've fallen short, turn, and walk in God's ways.