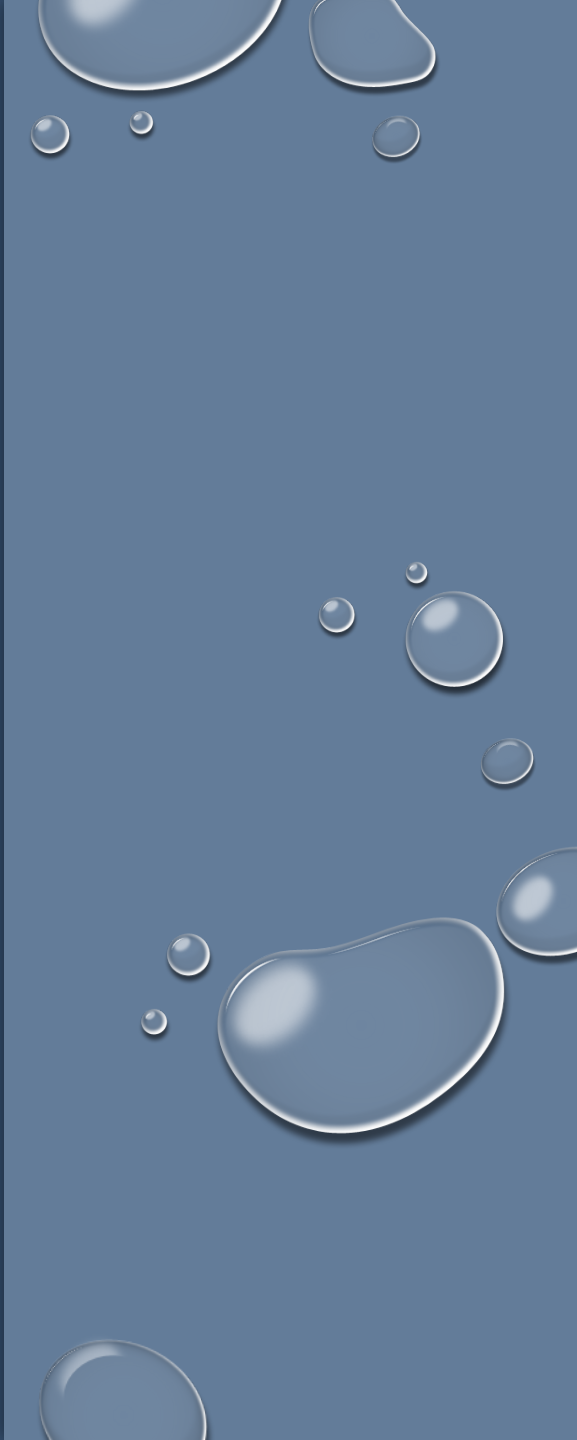


A FRESH START, MEANINGFUL CHANGE

JANUARY 21, 2022



THE IMPORTANCE OF RHYTHMS AND RITUALS

WHAT - EXODUS 13

- PREPARATION IS KEY!
 1. SET EXPECTATIONS
 2. MAKE IT OBVIOUS
 3. GIVE IT MEANING

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HOW – HEBREWS 6

- ESTABLISH A FRAMEWORK!
 1. DILIGENCE (BE STEADY, DEVOTED, EARNEST) – PACE YOURSELF
 2. SYSTEMS VERSES GOALS – IMITATE WHAT YOU WANT TO BECOME