

Welcome to Week 4! This has been an amazing journey so far and it wouldn't be what it is without you! Our hearts are full from the engagement with our squad and we are looking forward to more connection with you in this space.



Meditation Monday

W4D1
Monday

As always, we enter into the work as grounded as possible. Grab your self-soothing favorites (blanket, pillow, candle, aromatherapy, your favorite beverage) and meet us for this week's meditation!

- ● ● ● **Soul Scan:** Sit someplace comfortable with your comfort items. Go ahead and focus your attention on the present moment. There's no place that you need to be right now except here in this moment. Now, as you focus your attention on your body and the
- ● ● ● calming space around you, go ahead and take some deep breaths. Inhale through your nose....1-2-3 and exhale through your mouth...1-2-3-4. Repeat this 2-3 more times. As
- ● ● ● you breathe, focus your attention toward what scripture calls the "inner man". See if
- ● ● ● you can get a sense of your inner essence or spiritual nature. Stay with whatever you
- ● ● ● notice, even if subtle. What condition is your soul or inner man in? Where have there
- ● ● ● been fragmentations, ruptures, depletions? Where do you notice power, love and
- ● ● ● peace? Spend a few more moments noticing this inner well that is the source from
- ● ● ● which your behavior, habits, moods, and personality flows. Finish the meditative scan
- ● ● ● by talking with God about the condition of your inner man.
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Great job scanning! Tomorrow we will be diving straight into the reading.

Time to Read

W4D2

Tuesday

Welcome 8:15 Squad to Day 2 of Week 4. We hope that you are a bit more acquainted with the condition of your spiritual self and are eager to learn about how wounds can impact our inner man. Although our outer man endures great burdens, the inner man knows how to rise to the occasion.

Reading Assignment: Chapter 6 & Chapter 7

W4D3

Wednesday

It is Day 3 of Week 4 and we are continuing to address the condition of our souls and deal with the fragmentation that has led to some of our soul-starvation. We will also be exploring identity.

Processing Questions

01 We are at risk for soul-starvation when we don't feast on nutrients that God provides. If you could fill up a grocery cart with as much of any Fruit of the Spirit as you would like, what would you grab, how much, and why?

02 Write a short apology note to God for times you sat at the table with Him just for what He could give you and rejected His communion.

God, I'm sorry....

03 Our parents/caretakers were the lenses in which we saw God through when we were in our formative years. What is something you learned about God, positive or negative, through how your parents treated you?

Processing Questions cont.

04 If we are honest, there are times where we know one thing to be true, but feel another. We know Our Father never forsakes us, but yet we feel so forgotten and left to fend for ourselves sometimes. In the columns below, create a juxtaposition between what you know and what you feel.

I know that...

i.e. You see my hunger for love...

But sometimes I feel...

(like you have turned away from me

05 God is the author of our stories, but there are some chapters we wish He never published. What is a chapter of your story that you have struggled with accepting at some point in your life?

Eat 'n' Run
Dining with Abba (getting His provisions) and then dashing for the door to avoid communion with Him.

06 Reflect on how your personal identity was influenced by the identity of your family of origin.

07 Imagine you have to speak to a room full of fathers about their role and identity. Summarize below what you would say to them.

08 Do you agree or disagree with our position that husbands should not try to be a father to their wives? Why or why not?

Hello 8:15 Squad and welcome to Week 5! We are turning a corner in the study this week, as we move into resolution for the wounds we've been exploring. The whole purpose of the book was to get to this point! We've been so excited to set things up for this Dinner for Two with Abba that we are embarking upon! Are you ready?



Meditation Monday

W5D1
Monday

Welcome 8:15 Squad! We hope you had a restful weekend and have seen God's goodness in your life, especially through this work. Today's meditation will have sacred and imaginative elements that will be important for this week's reading and subsequent processing work. Go ahead and grab some of your comfort items (blanket, pillow, candle, aromatherapy, your favorite beverage) and join us for this meditation!

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Sacred Table Visualization: Sit in a comfortable position with your spine straight but softened. Take 2-3 cycles of breath, inhaling through your nose and holding, and releasing through your mouth. Draw your mind inward and let go of any striving, rules, or judgments. Visualize that you received an invitation to a private dinner with Jesus. You enter into a sacred room with floor cushions and a low rustic table. There are plates, glasses, napkins, candles, plants and there is a musician playing soft music....what happens next? Let your visualization unfold just the way it needs to for you.

What is served on the menu (it doesn't have to be food)? Where are you sitting? Where is Jesus in the room? What do you say to Him? What does He say to you? What is He wearing? What aromas do you smell? What are you feeling or expecting might happen?

Beautiful engagement! Your mind can create beautiful and healing material if you cultivate the skill. Stay consistent with your spirit-led meditation practices! It will pay off!

Time to Read

W5D2
Tuesday

Welcome 8:15 Squad to Day 2 of Week 5. We hope you enjoyed the meditation yesterday and that your heart is ready for a special encounter with Abba!

Reading Assignment: Chapter 8

W5D3
Wednesday

It is Day 3 of Week 5! What do you think about the Chapter reading? Is your heart not stirred within you? We hope so! But if you are still unsure of what you should be feeling or noticing, that is ok. There is nothing wrong with not noticing much! Abba still delights in you!

Processing Questions

01 In the column to the left, write 2 people, places, experiences, things etc you turned to when you were hungry. In the column to the right, write the need you were looking to have filled.

My hunger led me to....	What I needed was....
_____	_____
_____	_____

02 Circle the fatherly attributes of Abba that your inner child most needed.

Love	Compassion	
Discipline	Mercy	Affirmation
Nurture	Guidance	

03 Reflect back on the verses between pgs. 120-130 regarding the Bread of Life and the Living Water. Go inside and ask Jesus to show you which verse(s) speak(s) to you and how He can meet a specific need for hunger or thirst. Listen for His response and write your reflections.

W5D4

Thursday

Challenge for Today:

Before you eat at least one meal today, reflect on an area of spiritual hunger or thirst and pray that Jesus would fill that need and then proceed to pray over your meal.

W5D5

Friday

Read > *Reflect* > *Respond*



Head on over to Facebook to participate in the closing activity for the week.

Hello 8:15 Squad and welcome to the final week of the study...Week 6! "He who began a good work in you will perfect it until the day of Christ Jesus." (Phil 1:6) We want to remind you that a good work is being perfected in you and even if you do not see the results you would like to see by now, that does not change the truth. A GOOD work is yet being done! Keep that in mind as we wrap up the final week of the study!



Meditation Monday

W6D1
Monday

Happy Monday 8:15 Squad! We pray that your meditation muscles are getting stronger each week and that you are noticing the benefits of disciplining your mind, heart and body through non-striving and turning inward toward your spiritual resources and upward toward God. If you need some tangible resources, feel free to grab them before starting today's movement meditation!

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Prayer Posture Meditation: Find a place to sit where you could easily move and shift your body as needed. In this meditation you will experiment with various prayer postures. Start by taking some organic breaths to reset your nervous system and orient you to the experience. Ponder the following: If you were desperate for one of God's promises to manifest in your life, what prayer posture would you take? Let your body move into that posture and notice how you feel. If you were angry with God and needed to tell Him, what prayer posture would you take? Go ahead and move into that posture and notice. If you were overwhelmed with gratitude for something God did for you, what prayer posture would you take? Move into that stance. If you needed to tell God sorry, what prayer posture would you take? Let your body shift into that posture. Feel free to experiment with other emotions or needs and the corresponding postures and write in a notebook what you noticed from this movement meditation.

Great job using your body as a form or meditation!

Time to Read

W6D2
Tuesday

Welcome 8:15 Squad to Day 2 of Week 6! We hope you enjoyed the meditation yesterday and that you are more curious about how your body plays a role in prayer! Particularly, hold on to how your body presents before God when you are eager for a promise to manifest.

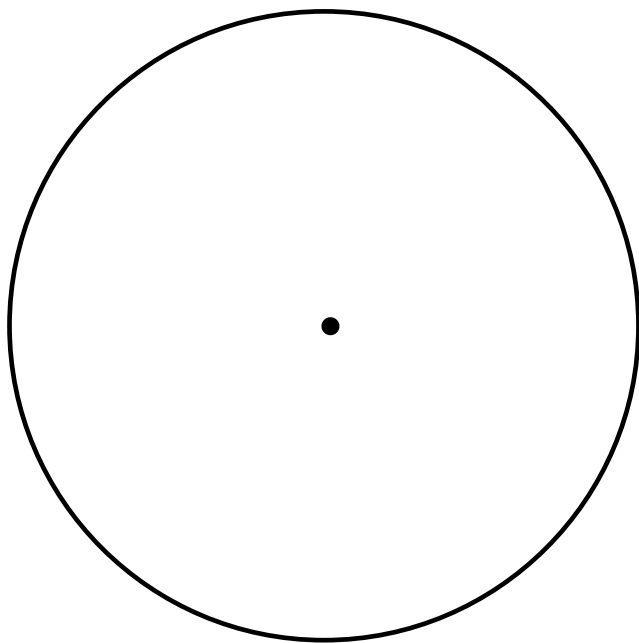
Reading Assignment: Chapter 9 & Chapter 10

W6D3
Wednesday

It is Day 3 of Week 6 and we are ready for some more inner work and we are going to get acquainted with a rejected momma and a fatherless son from the Bible.

Processing Questions

01 We are doing the Inner Work in 3 major areas of wounding: psychological, relational and spiritual. In the pie below, give a slice of pie to the 3 areas of wounding based on how much healing you need in that area. Ex: If you need more healing for spiritual wounds, give that the biggest slice.



02 For the area that you gave the biggest slice to, what are 3 healing practices you will commit to implementing into your healing regimen?

- 1 _____
- 2 _____
- 3 _____

03 What blocking beliefs hinder you from "doing the work"? i.e. "I will never get over this problem", "I don't deserve to heal" etc. List up to 8 that you are aware of. Then take a black sharpie, and cross out each belief.



04 In the box, write out one fear you have with healing through your story or a fear about your future. Next, take a black sharpie and write SHALOM over the fear.



Note To Self

Write a note to yourself to read when you want to quit doing the work!



[Chapter 10 Questions]

05 Refer back to Genesis 21:15-17. What do you think Hagar's prayer posture was? What do you think was going on in her body when they ran out of water?

06 We are all Hagar and she is us! What happens in your own body & heart when something you depend on "runs out"?

07 Hagar said "I don't want to watch the boy die!" What is your "I don't want" prayer?

God, I don't want...

W6D4

Thursday

Challenge for Today:

Pick one of the healing resources or strategies that you have been either avoiding doing or uncomfortable with and do it!

OR

Send a message of encouragement to a single mom. Remind her of God's promises.

W6D5

Friday

Read > *Reflect* > *Respond*



Head on over to Facebook to participate in the closing activity for the week.

Congratulations on Completing the Daddy Hunger Online Book Study!

May all that is unforgiven in you
Be released.

May your fears yield
Their deepest tranquilities.

May all that is un-lived in you
Blossom into a future
Graced with love.

To Come Home to Yourself by John O'Donohue

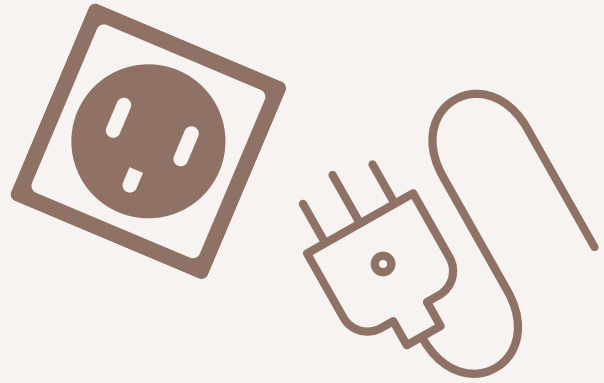
My Badge

Write in the badge a special message to celebrate your accomplishment,
such as "I did the work!" or "I overcame!"





Stay Connected



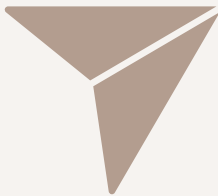
The study is over, but please stay connected with us. Visit our website and Instagram to stay updated on upcoming 8:15 Squad events.



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