

What themes take or emotional and mental energy?

(Lose Your Energy-Take Your Faith)

- Timing
- Sickness
- Being Judgmental
- Family
- News
- Expectations
- Lack of Kindness
- Children
- Ignorance
- Worry
- Stating the Obvious
- Money
- Worry
- Marriage
- Jobs
- Unresolved
- Chores
- Cooking
- Social Media
- Injustice
- Viper Bites

Acronym for the way to Pray

BIRDS

Blessing (Bless those that hurt you)

Intercession

Repentance

Declaration

Supplication

Things that take our time that are not eternal or about relationships.

- Work
- Phones
- Television
- Social Media
- Laundry
- Worry
- Gossip
- Drama
- Hobbies
- Entertainment/Sports
- Extra-curricular activities in excess
- Shopping