

Jesus Christ Invites Us To Live



Always Held

8 week in-depth training

with Adrienne Engel

Week One: Always Held and Supported By God

Intertwined with God's Intimate Offering of Love and Support

Recognition

Take a moment to notice what stands out to you at this moment.

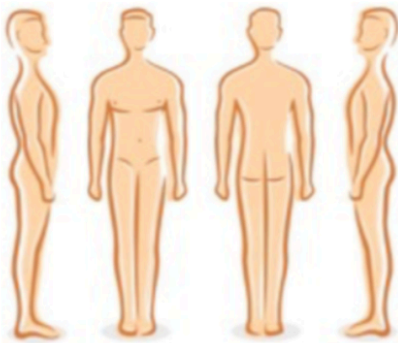
Name the item or circumstance _____

Sensing the deeper offering/gift

What is the deeper offering? Name it below.

Receiving the living and intimate offering/gift

Notice where that becomes alive within your body, mind, and or experience. Draw and write it below.



Kindly hold it's aliveness within

Place your hands on your body where this experience is occurring within. Soften your joints.

** Continue to hold for 5 minutes.

Intertwined and made anew. What else is revealed?

Now notice where it is alive and draw onto the diagram. How do you describe it now?

Say aloud and let your brain see,

“This is what _____ is like alive within my body.”

Extra insights

Intertwined with God's Intimate Offering of Love and Support

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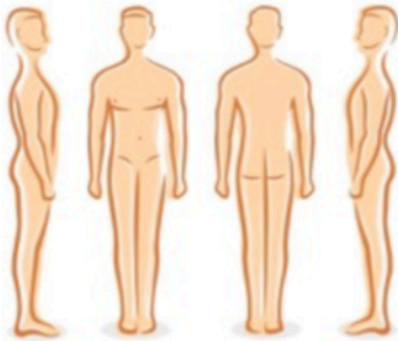
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