



Facilitator Guide



Facilitator's Creed

1. Faith Declaration: Jesus (Yeshua) is the Messiah, the only begotten Son of God who died for our sins, and rose on the third day, and is seated in the heavenlies at the Right Hand of God the Father.
2. The Holy Bible is the inspired Word of God
3. God is the Supreme being of heaven and earth, and the creator of the universe.
4. I will give myself to spending time daily with the Lord, praying and reading His Word.
5. I am committed to helping others succeed in their life's mission.
6. I am leading an exemplary lifestyle based on Biblical principles.
7. I walk in honesty and integrity.
8. I keep confidential matters confidential- not a gossip.
9. I am teachable.
10. I am accountable.

Our Goal:

- Inspiring women who have an eagerness and hunger to dream, change and grow into the call of God's call for their lives.
- Supporting those who are desire to take life (body, mind, spirit-the Whole you) to another level.
- Women who have goals and dreams and are seeking support to have manifest in their lives.
- Reaching women where they are, and support them in becoming who God has destined them to be.

Thank you for joining me on this journey.
Live Everyday Inspired!



JANISMODESTE.COM/BB21



Mailing Address:
P.O. Box 6553
St. Thomas, VI 00802
Office: 352-593-0688



7-Day



Pre-Planning

- Day 1 /** **Resource & Planning Day:**
Today we begin our preparation with gathering our **Believe Bigger Color Journal**, pens, & color pencils. Join our Facebook group, **Refocus21**.
- Day 2 /** **Declutter Day:**
Find that quiet area where you can spend time with your color journal. Organize and declutter that area. Think about calming elements to add to your space- small plant, desk fountain, etc.
- Day 3 /** **Let's Meditate:**
What is Biblical Meditation? Learn how to meditate and visualize God's destiny for your life. Watch our video on our Facebook page. Try our short breathing video.
- Day 4 /** **Sustained Listening:**
Get tips on what it means to listen to hear the voice of God more clearly. Check your email inbox for today's inspiration on listening.
- Day 5 /** **Journaling For Clarity:**
Get tips on what it means to listen to hear the voice of God more clearly. Check your email inbox for today's inspiration on listening.
- Day 6 /** **Affirm Your Day:**
Today we'll focus on the power of our words to create our desired future. Find out how God's Word can transform every area of our lives.
- Day 7 /** **Rest Day:**
Today is your rest day. You can review your pre-planning list or catch up on any of the preplanning days you may have missed.





Terms To Know



Inspire- (Webster 1828 dictionary) Intransitive verb-

1.To breathe

2.To infuse by breathing

(transitive verb)

1.To infused ideas or poetic spirit

2.To infuse into the mind

2 Timothy 3:16- All Scripture is inspired by God for teaching, correction, conviction, and training.

Meditate:

(verb intransitive)

1.To dwell on any thing in thought:

a.To Contemplate

b.To study

c.To turn or revolve any subject in the mind (Psalm 1:2)

2.To intend; to have in contemplation

Transitive Verb

1.To PLAN by revolving in the mind; to contrive; to intend

a.To think on;

i. Whatever is true, honorable, pure, lovely, admirable, think on these things (Philippians 4:8).

ii. Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do

Sustained Listening: Despite distractions, train your mind to maintain quietness and attention to what the Holy Spirit is speaking to you. It's often a "still, small voice". When you practice sustained listening regularly, you will begin to hear God's voice more clearly.

Mindful coloring: Focusing on ONLY coloring at the moment. You may also focus on the Affirmation of the day. Keeping that positive, happy thought at the forefront of your mind. The affirmation is a great place for your mind to wander.

Mindfulness: Being aware of where you are and what you are doing. For example, if you are seeing to hear God's voice, or just want to bask in His presence, be aware that He is with you and you are "seated in the heavenlies"(Ephesians 2). Be mindful of His presence.

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