

HOMework FOR MONDAY 8/18

Reading Assignment:

Chapter 8: Inspecting the Foundation

Chapter 9: Restoring the Foundation

Chapter 10: Reclaiming the Feminine Heart

Mind Shift:

1. You are not too late—you are right on time for a Spirit-led love story.
2. God is not just healing your heart, He's restoring your identity.
3. You've inherited pain, but you also carry a mantle for redemption.

Discussion Questions:

- What areas of your identity need restoration?
- What does it mean to you to reclaim your feminine or masculine heart?
- How does the idea of “restoring the ancient paths” change how you date?

Heart Work Activation:

1. Write a love letter to your younger self (especially the version of you that first got hurt in love).
2. Stand in front of a mirror and speak declarations over your masculinity or femininity (out loud).
3. Group encouragement circle for live session on Monday: Each person blesses the person to their right with affirming words.