

Monthly Theme: Inspiration

October 24 & 25: Self-Awareness

“...[The man] said, “Why is it that you ask my name?” And there he blessed him. So Jacob called the place Peniel, saying, “For I have seen God face to face, and yet my life is preserved.”

~ Genesis 32:29-30

The blessing is already within. When you live out your name, the story of you, your life blesses the space between us.

Invitation to Self-Awareness



For more information on Internal Family Systems visit ifis-institute.com



Reflection:

How does the idea settle within: the more you live into your unique story, you bless the space you occupy? What wounds/hurts are you protecting? Which parts are being archived?

Settle into your inner space. Notice the shape of you. What exiled part needs to wrestle with an angel and demand a blessing? Hold on. The blessing is there.



Action...

- Options: 1) Text a friend/gratitude buddy. 2) Share with the River Church App (CR365 Group). 3) Email infoCR365@riverchurchmovement.com. 4) Write in a journal.