

# GLORY RESOURCES // SINGLES

## - WEEK ONE -

### >SCRIPTURE: HOSEA 6:1-6

Questions to ask:

- What does this say about God?
- What am I thankful for?
- What do I struggle to believe?
- What do I need help with?

### >COMMUNITY ENGAGEMENT

Even through this time, we can find ways to engage in community. Find time this week to call a parent, parental figure, or mentor. Tell them how you are thankful for them and spend time asking how THEY are doing.

### >WORSHIP THIS WEEK

There are many ways to worship. Music is one of the most well-known. So this week, create a worship playlist or listen to your favorite worship album. Worshipping our Savior is a great way to help uplift our spirits because it refocuses us on God instead of our situation.

### >THE THANKFUL THIRTY:

Set a timer and spend 30 second naming everything you can think of that you are thankful for. Gratitude destroys worry.

### >FUN ACTIVITY:

Build a fort! Who says you're too old to build a fort? Make some popcorn and watch Netflix. FaceTime or invite a friend over if your able, it will be even more fun to do together!

### >PRAYER FOR THE WEEK:

This week are are going to praise. As you go through your week, find things you can praise God about. He is always good and always working. You may use this prayer or pray as you feel led.

“God, You are wonderful.

Although times are uncertain, You are not.

You are good and You promise to hold me through it all.

You are the Giver, even the rain and the sun are gifts of life for us.

Thank You for this season, thank You for life and newness.

Thank You for this time to slow down and meet with you.

You are always good.

Amen.”

*for  
singles.*