



❖ Reading Assignments

Before	Date	Read	Topic
Session 2	_____	Chapters 1-5	Getting Rid of Baggage
Session 3	_____	Chapters 6-8	Identity
Session 4	_____	Chapters 9-11	Forgiveness
Session 5	_____	Chapters 12-14	Imagination
Session 6	_____	Chapters 15-17	Prayer
Session 7	_____	Chapters 18-20	Resolve
Session 8	_____	Chapters 21-23	Accountability
Session 9	_____	Chapters 24-26	Yes
Session 10	_____	Retake SAP*	Love U More

* Soul Assessment Profile

❖ Soul Assessment Profile

Before session 2, complete the soul-assessment profile online. The assessment can be accessed at <http://www.christyjohanson.org/soul-assessment-profile/>. There are 7 assessments, one for each step. Each assessment is a short quiz of 10 questions each and will take approximately 45 minutes to complete. Instructions are on page 60 of the reading material.

❖ Homework

There is no “written” homework for Love U. Rather, sessions 3-9 will challenge you to select action points from the reading material. Action points are contained in the “strengthening” chapter of each step. Action points are hands-on exercises that will encourage you to apply scripture truths to your life. Instead of just memorizing scriptures, you will be given ways to implement the Word into your daily life. In this way, you can target your areas of vulnerability and strengthen your soul health.