

Deep Sheet

(a place for your notes)

The blues are the common cold of the soul. They come and go but we are never fully immune to them. When we experience them, it is good to remember that they are temporary and that God will send relief.

When do you need a nap and a donut?

What are 2 things you can do when you are overwhelmed?

Other Notes:

November Weekly Bible Readings

Date	Day	New Testament	☒	Special Prayer	Old Testament	☒
2	Su	Luke 5	☐		Psalms 148	☐
3	Mo	Luke 6	☐		Psalms 149	☐
4	Tu	Luke 7	☐		Psalms 150	☐
5	We	Luke 8	☐		Proverbs 1	☐
6	Th	Luke 9	☐		Proverbs 2	☐
7	Fr	Luke 10	☐		Proverbs 3	☐
8	Sa	Luke 11	☐		Proverbs 4	☐
9	Su	Luke 12	☐		Proverbs 5	☐