



HEAL Worksheet

This worksheet was created using the NIV translation of the Bible.



Holistically

- ★ Understand that God wants to break the chains of our darkness in every aspect of our lives (Psalms 107:10-14).
- ★ How will you come out of any dark shadows you may be facing? Mind, Body, Spirit?

Evolve

- ★ Evolve means to Change: Your options are to evolve or repeat. God wants us to learn and grow (2 Peter 3:18).
- ★ God wants to hide us in his shadows of light (Isaiah 49:2; Isaiah 51:16). How will you evolve to walk in the light of God?

Align

- ★ Align means to adjust, place or arrange in a straight line.
- ★ Create or increase your direct connection with God and he will establish your plans (Proverbs 16:3).
- ★ What can you do to intentionally align with God in this season? Explore people, places, and things that can help increase your connection to God?

Live

- ★ Live means to remain alive .
- ★ God wants us to live a full and abundant life(John 10:10). Not by chance, but intentionally.
- ★ What will you do to live an abundant life and not just exist?