



Living Loved Exercises

www.ATCUniversity.com

Session 10 - How to Have Life-Changing Dates with God

Homework: Breathing Exercise and Guided Date

Video Links: Breathing Exercise 4: <https://youtu.be/KiORLM9Pzfk>
Guided Date #2: <https://youtu.be/HWlpcv8232o>
How to Make Any Encounter Life-Changing:

Homework #1

Do Breathing Exercise 4 then immediately watch Guided Date #2. Repeat 3-4 times during the week.

Homework #2

Journal your encounter following the instructions in the handout “How to Make any Encounter Life-changing.”