



## SPECIAL TOUCHES: CONSISTENCY

Encourage participants to select a small item or symbol that represents their planned “IN” and “UP” activities as they embark on their homework for the week. This **symbolic item** could be a stone, a piece of art, a favorite scripture card, or any object that holds personal significance related to their spiritual journey.

As they engage in their activities, invite participants to keep these symbols in a visible place, allowing them to serve as reminders of their commitment to looking inward and connecting with God. When they return for the next class, participants can share the items they chose and how those symbols reflect their experiences with their “IN” and “UP” activities. This touch not only fosters individual reflection but also encourages meaningful sharing within the group, strengthening their connections and commitment to consistency.