



# What I have learned during my 50 years of Christian ministry (and how it might help you)

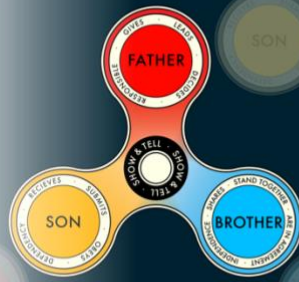
## Recap Introduction & Lesson 2 Rooted in Scripture

Take time to identify your committed relationships, describe them, in which areas can you grow, explain why.

Take time to share these needs with someone else and take time to pray for God to release them to you.

Ta dig tid att identifiera dina överlätna relationer, beskriv dem, inom vilka områden kan du växa, förklara varför.

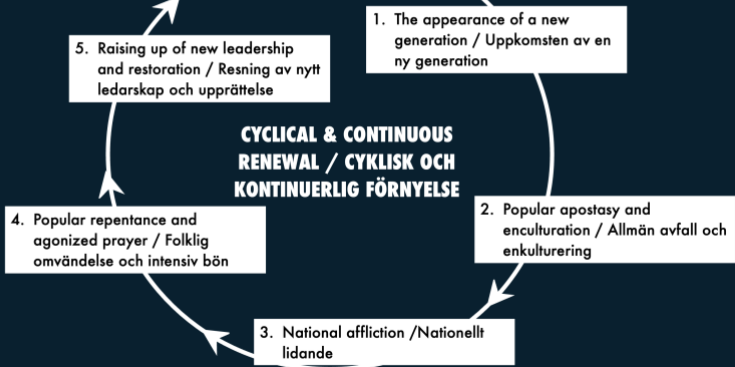
Ta dig tid att dela dessa behov med någon annan och ta dig tid att be att Gud ska frigöra dem till dig.



### Notes

Lined area for taking notes.

### BOOK OF JUDGES / DOMARBOKEN

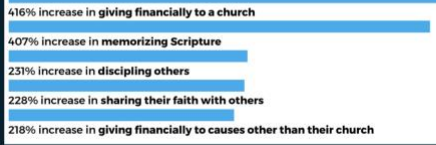


This pattern is found throughout the book of Judges /

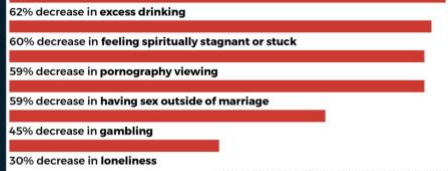
Detta mönster finns igenom hela Domarboken

- Othniel, Judges 3: 7 - 11
- Ehud and Shamgar, Judges 3: 12 - 31
- Deborah, Judges 4: 1 - 5: 31
- Gideon, Judges 6: 1 - 8: 32
- Abimelech, Tola and Jair, Judges 8: 33 - 10: 5
- Jephthah, Ibzan, Elon and Abdon, Judges 10:6 - 12: 15
- Samson, Judges 13: 1 - 16: 31

#### SPIRITUAL GROWTH



#### LIFESTYLE GROWTH



Tea	Temperature (Celsius)	Time	With milk?
Green Tea	75–80°C	1–3 minutes	Without
Black Tea	95–98°C	2–4 minutes	with/without
English Breakfast Tea	95–98°C	2–4 minutes	With
Oolong Tea	82–96°C	3–4 minutes	Without
White Tea	74–80°C	1–3 minutes	Without
Chai Tea	98°C	5 minutes	With
Earl Grey Tea	98°C	3 minutes	with/without
Pu'erh Tea	85–98°C	3 minutes	With
Jasmine Tea	85°C	2 minutes	Without
Herbal Tea	95–98°C	5 minutes	Without
Rooibos Tea	95–98°C	2–3 minutes	with/without



## Notes

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