

# R&R

## C O U R S E

with Rachel C. Swanson

A Guide to:

*Revive Your Heart.  
Refine Your Character.  
Restore Your Identity.  
Release Your Purpose.*

A companion to  
**Refine & Restore: Revive Your Heart, Release Your Purpose**

[www.RefineAndRestore.com](http://www.RefineAndRestore.com)

# *Session 1: Perspective Shift*

## *NOTES*

### KEEP IT SIMPLE

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### KEEP IT PRACTICAL

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### KEEP IT DOABLE

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# *Session 2: Revive Your Heart*

## NOTES

**"BE STILL, AND KNOW THAT I AM GOD."  
PSALM 46:10**

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# *3 P's for Revival*

## PRAYER

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## PAUSE

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## PRAISE

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# *2 C's to Refine & Restore*

## CHARACTER (GOD)

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## CLAIM (YOU)

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# Reflection Questions

WHAT DO YOU LOVE?

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WHAT COMES NATURALLY TO ME?

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HOW DO I RESPOND TO OTHERS?

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ARE YOU A THINKER OR A FEELER?

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LIKE ACTIVITY OR LIKE THE QUIET?

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WHAT GIVES YOU JOY?

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WHAT INTERNAL GIFTS DO YOU THINK YOU HAVE?

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HOW CAN YOU USE THESE GIFTS IN YOUR VARIOUS ROLES?

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HOW CAN YOU USE YOUR EXPERIENCES FOR GOOD AND GOD'S GLORY?

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