

# introduction PLAYFUL + PRAYERFUL

## COLOR + JOURNAL

Bringing pen to paper helps alleviate anxiety + stress, increase IQ + memory + heal trauma.

Coloring + journaling have been found to activate the areas of the brain related to creativity + logic. It calms the brain and helps the body relax by focusing awareness on the present moment. Moreover, it can increase the production of dopamine, a neurotransmitter associated with feelings of pleasure + reward. This can improve sleep, and enhance mood while decreasing fatigue, body aches, heart rate, respiration, and feelings of depression and anxiety.

If you haven't experienced the sanctuary of Mohawkmomma's color + journal rituals, get ready for a luxe soul care experience. While we recognize there are many Bible study resources available, there are not many made for the community of women speakers + scribblers who dare to rhythmically tend to themselves as much as they give of themselves.

We prioritize aligning our sacred femininity with the waxing + waning sacred energy of the solar and lunar rhythms on the calendar. The conviction and reason that I designed this notebook are to amplify our peace through play, personally + collectively. I believe in approaching God's Word with childlike faith + wonder + peace! I encourage you to share this with friends and family - studying God's Word in solidarity is beautiful!

THE UNFOLDING OF A PLAYFUL + PRAYERFUL HEART IN GOD'S WORD HELPS US TO FLOURISH! YOU ARE THE SACRED SCRIBE MEETING YOURSELF + GOD ON THE PAGE, SIS.

TODAY'S DATE: April 2, 2023

# how to USE THIS NOTEBOOK

Leviticus 1:1

## 1. Listen to Scripture: SHEMA (Hear)

In Hebrew, "shema" means to listen with the intent to obey. Breathe deeply as you journal the passage verse. Jot down your breath prayer - return to it often. Example:

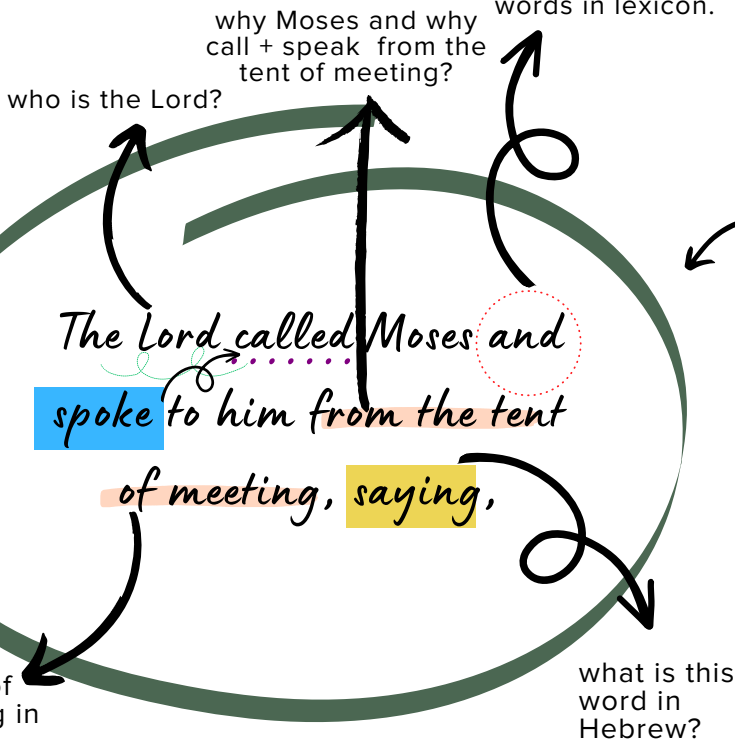
Exhale: "You"  
Inhale: "are with me"

## 2. Insight into God's revealed truth: HAGAH (Chew)

Journal out the passage. The Hebrew word "hagah" means you are persistent + chewing the word. As you chew on it, ponder the following: Things Emphasized, Things Repeated, Things Related, Things Unlike.

Have fun digging/discovering!

Highlight or mark words/phrases that jump out to ya.



## WHAT IS THE CONTEXT? IT MATTERS

Who was the scribe? *Moses is traditionally credited as the human author.*

From whose POV? *Leviticus is mostly written from God's pov.*

To whom? *Newly freed community of enslaved people.*

Why? *Leviticus is the 3rd love letter organizing a kingdom of priests and a holy nation around God as their holy King.*

When? *The Lord called + spoke to Moses during the year that Israel camped in the desert at Mt. Sinai.*

# how to USE THIS NOTEBOOK

*There's no need to rush + study in one sitting*



## APPLICATION + INTERPRETATION

Because the Book of Leviticus begins right where the book of Exodus left off, with God calling to Moses from the Tent of Meeting to explain the various animal and grain offerings that would be offered at the new Tabernacle, God has Moses and the entire community in preparation mode for when they leave the wilderness. Leviticus is about how God dwells in the midst of a community of people in transition.

Tent of Meeting = ohel (tent) mo'ed (appointed place)

Like Moses, the Lord calls me by my name + speaks to me. This is intimacy. Intimacy is inextricably connected to a covenant bond.



## PRAYER

Spirit of Truth, in order to hear and respond to the Lord when my Shepherd calls + speaks to me, requires less of my efforts and more of my childlike trust and dependence upon your steadfast love. Your love attunes my listening heart. I am grateful.

Amen + Ase in Yeshua.

## REST

I'm resting in an awareness that the Tent of Meeting was where God appointed a designated place to commune with Moses.

We are never left to figure out where + how to meet up with YAH. Divine disclosure is part of the hospitality of God.

### 3. Voice your prayerful contemplation: SHUV (Respond)

in Hebrew, "shuv" means to restore or return. Examine the way you are going in light of today's musing + meditation, then, offer up the sweet-smelling aroma of your prayer.

### 4. Empowered by the Holy Spirit: MENUCHAH (Rest)

In Hebrew, "menuchah" is a multi-layered empowerment to rest... rest in a love freely given, a rest of truth and sincerity, a rest in peace and tranquility, in quietude and safety. What is the rest invitation for you as you bring your study to a close?

## color + SYNTHESIZE YOUR STUDYING

*align with your energy. Grace over grind.*

### COLOR IN THE CENTER + JOT DOWN AN AFFIRMATION



I noticed that I spent more time in Exodus contemplating Leviticus chapter  
one verse one. To understand the context of Leviticus, I must read Exodus.  
Especially the Ex 33:7-11 passage about how the LORD  
would speak to Moses face to face as one speaks to a friend. I sense the  
Spirit is about to take me on a deep dive into my friendship with God,  
myself and others.

TODAY'S DATE:

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# read THE LOVE LETTER



## WHAT IS THE CONTEXT? IT MATTERS

Who was the scribe?

From whose POV?

To whom?

Why?

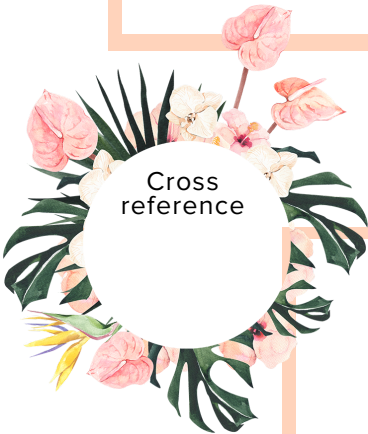
When?

# bring it TOGETHER

*There's no need to rush + study in one sitting*

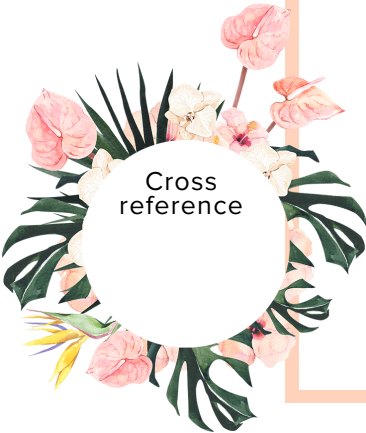


## APPLICATION + INTERPRETATION



## PRAYER

## REST





**color** + SYNTHESIZE YOUR STUDYING

*align with your energy. Grace over grind.*

**COLOR IN THE CENTER + JOT DOWN AN AFFIRMATION**



COLOR IN + AFFIRM

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