



# R REFLECT

Think back over last month's teaching, Enjoyment of God! by Niki.

Share anything that has particularly stayed with you, and reflect on which parts of the teaching have shaped how you've lived out your discipleship journey over the past few weeks – and why.

# R RECEIVE

Watch or listen to our latest teaching, Recalibrate by Deb White, and read through the prophetic words shared below:

- YouTube: <https://bit.ly/3CWvZhf>
- Spotify: <https://bit.ly/4oe7LS8>
- Apple: <https://bit.ly/479CgCL>

*Quick Tip: You can access a complete transcript of this teaching by going to the YouTube video and clicking 'more' in the video description, then clicking 'Show transcript'.*

## Prophetic Words & Resources

Church Structure Vision: <https://www.citylife.org.uk/wp-content/uploads/2026/04/Church-Structure-Vision.pdf>

Steve Uppal's prophetic word - STOP Reset Recalibrate Release Run:  
<https://www.youtube.com/watch?v=Slf3Ofyypmw>

Anne Calver's Prophetic Word: <https://www.citylife.org.uk/wp-content/uploads/2026/04/Anne-Calvers-Propetic-Word.pdf>

Steve Uppal 'Revival' podcast: <https://steveuppal.com/revivalpodcast>

# R RESPOND

Take time to work through the following activities, including questions that go deeper into the teaching you've just watched or listened to:

## Questions

1. What metaphorical rooms of God's home are you building / living in?
2. Is God calling you into any other rooms or asking you to expand or look at a current room you spend time in?
3. What does 'recalibrate' look like for you personally and in your church community? Are there tweaks and changes to help you measure correctly?
4. Ask God what and how He wants you to measure.

## Prayer

Jesus, thank you for bringing us on this exciting Journey. Show me the 'rooms' of Your home I can build and spend time in, in my own life. Show me how you want me to measure and the shifts I can make to do this. Amen.