

◆ FLESHHOOK ◆

MEMBER WELCOME GUIDE

Everything You Need to Know Before You Read a Single Page

Facilitated by Jamicia Pink-Fisher | jamiciapinkfisher.com

Sign in for every Zoom session at: jamiciapinkfisher.com

WELCOME TO THE ALTAR

This is not a book club. This is an encounter.

You did not stumble onto this space. You were drawn to it. The book you are holding is not just literature — it is a prophetic mirror. It will not just inform you. It will confront you. It will clarify you. And if you let it, it will transform you.

Every two weeks, we gather — drinks in hand, journals open, hearts on the table. We do not come here to perform. We come here to be real. We come here to give God the first — not our polished highlight reel, but our honest, unedited encounter with His Word.

The N.A.M.E.S. Method

This is how we engage the text — every chapter, every session. Not passive reading. Active encountering. Follow these five steps each time you sit with this book.

N

NUMBER the Paragraphs — Before you read — number every paragraph in the section assigned. This makes referencing, journaling, and discussion precise. It also slows you down. Good.

A

ARRANGE in Chunks — Group paragraphs by natural thought. A new idea beginning = a new chunk. Give each chunk a short title in your own words. This builds your comprehension map before the details.

M

MARK the Text — Use your 4-color highlight system (see next section). Every pass through the text is a marking pass. You are not just reading — you are listening for what the Spirit flags.

E

EXPOUND & EXPLAIN — In your journal — write out what each marked passage means in your own words. Wrestle with it. Ask: why did this hit me? What is it confronting? What is it confirming?

S

SUMMARIZE — Close each chapter section with a 3–5 sentence personal summary. Not what the author said — what GOD said to YOU through what the author said. This is your altar note.

The 4-Color Text Marking System

Before your first session, select four highlighter colors and assign them as follows. Use these every time you read. You are not decorating — you are discerning.

CHALLENGES — RED

Mark anything the text challenges in you. A belief. A behavior. A posture. A pattern. If it makes you want to argue with the author — mark it red. That resistance is data.

CHARGES — ORANGE / AMBER

Mark any directive, instruction, or call to action. Anything the text is telling you TO DO or TO BECOME. These are your assignments from God — not the author.

CONFIRMATIONS — GREEN

Mark anything that confirms what God has already been speaking to you — privately, in prayer, through other sources. When the text echoes something you have already been hearing, mark it green. You are on track.

CHANGED ME — TEAL / BLUE

Mark anything that shifts something inside you as you read it. Not just interesting — actually moving. If you feel something change — a perspective, an understanding, a posture — mark it teal. This is where transformation is happening in real time.

Your First Activity — The Journal

Before Session 1 (Chapters 1 & 2), complete the following in your journal:

Complete this for Chapters 1 & 2:

1. Number all paragraphs in your assigned chapters.
2. Read through once without marking. Just listen.
3. Read through again — mark the text with your 4 colors.
4. Arrange the paragraphs into chunks and give each chunk a title.
5. In your journal: Expound on at least 3 marked passages (one from each color).
6. Write your personal Summary — what did GOD say to you?
7. Post a reflection on the blog at jamiciapinkfisher.com before the next session.



The Chapter Drinks

Each session comes with a signature drink tied to the chapter theme. Show up with yours in hand. These are not decorative — they are ritual. They mark the moment.

Launch Night — The Altar Fire

| *"Because before you can tend the fire — you have to feel the heat."*

Ingredients: Strong black tea or dark roast coffee | 1 tsp honey | 1/4 tsp cinnamon | Pinch of cayenne | Splash of oat milk (optional)

Make it: Brew strong and hot. Stir in honey and cinnamon. Add cayenne — enough to feel it. Hold the mug with both hands before you drink. You are holding the altar fire.

Chapter 1 — The Watchman's Vigil

| *"For those who are awake when everyone else has gone to sleep."*

Ingredients: 2 shots espresso or very strong dark roast | 1 tbsp dark cocoa powder | 1 tsp maple syrup | Dash of sea salt | Serve black and bold

Make it: Brew espresso. Whisk in cocoa and maple syrup. Add sea salt. No cream. Drink it as the Watchman drinks life — without softening what needs to be felt.

Chapter 2 — First Fruits Golden Milk

| *"The best of what you have — offered before you have kept anything for yourself."*

Ingredients: 1.5 cups oat milk | 1 tsp turmeric | 1/2 tsp ginger | 1/4 tsp cinnamon | 1 tsp raw honey (added LAST) | Tiny pinch of black pepper

Make it: Warm the milk. Whisk in spices. Pour. Add honey LAST — intentionally. As you stir it in, name one thing you are giving to God FIRST this week, before you keep anything back.

"Either we reclaim the altar and restore the offering — or we will find ourselves presiding over a beautiful service that heaven ignores."

— Fleshhook, pg. 13

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