

◆ FLESHHOOK ◆

YOUR TWO-WEEK READING ASSIGNMENT

Session 1 Prep | Chapters 1 & 2 | Pages 1–48

Facilitated by Pro J — Jamicia Pink-Fisher

jamiciapinkfisher.com | Sign in for every Zoom session at the website

A WORD BEFORE YOU BEGIN

You are not reading this book. You are being read BY it. Do not rush through these pages looking for information. Move slowly. Let the text ask its questions before you reach for answers. The Holy Spirit is not interested in how fast you finish — He is interested in how deeply you are formed. Engage every day. Write in your journal. Post your fire. Bring your honest self to every page.

Assignment Overview

WHAT	WHEN	WHERE
Read Chapters 1 & 2 (pp. 1–48) using N.A.M.E.S.	<i>Complete by Day 10. Do not cram.</i>	Your book + your journal
Mark text with 4-color highlight system	<i>As you read — every sitting</i>	Directly in your book or on printed pages
Journal Entry — Chapter 1 prompt	<i>Days 3–5</i>	Your personal journal
Journal Entry — Chapter 2 prompt	<i>Days 7–9</i>	Your personal journal
FIRE Post on social media	<i>At least once per week (Days 1–7 and Days 8–14)</i>	Instagram, Facebook, or platform of choice
Blog response post	<i>At least one post before Session 1</i>	jamiciapinkfisher.com
Activation Exercise	<i>Complete before Day 12</i>	Journal + private space
Assigned Speaker Prep (if applicable)	<i>Ready to share at Session 1</i>	Prepare 2–3 minutes of reflection

Your 4-Color Marking System

Every time you sit with the text — mark it. This is not decoration. This is how you listen.

Color + Label		What to Mark
	RED — CHALLENGES	Anything the text challenges in you — a belief, a behavior, a pattern. If you want to argue — mark it red.
	ORANGE — CHARGES	Any directive, instruction, or call to action. What is the text telling you TO DO or TO BECOME?
	GREEN — CONFIRMATIONS	Anything that confirms what God has already been speaking to you privately. When the text echoes what you have already heard — mark it green.
	TEAL — CHANGED ME	Anything that shifts something inside you as you read. Not just interesting — actually moving. Mark what transforms you in real time.

The N.A.M.E.S. Method — Quick Reference

Use this every time you sit down with the text. These five steps are your reading rhythm.

N	NUMBER	Number every paragraph in the assigned section before you read.
A	ARRANGE	Group paragraphs by thought. Give each chunk a short title in your own words.
M	MARK	Use your 4-color system. After your listening read, skim and scan — slow down only where the Spirit pulls you. Mark what catches you.
E	EXPOUND	In your journal — write what each marked passage means in your own words. Wrestle with it.
S	SUMMARIZE	Close each chapter with 3–5 sentences. Not what the author said — what GOD said to YOU.

Day-by-Day Reading Plan

Fourteen days. Structured but not rigid. If life interrupts — pick up where you left off. What matters is that you finish engaged, not that you finish fast.

WEEK ONE

Chapter 1 — Burden of the Altar | Pages 1–24

DAY 1 | Session Night — No Reading Required — Tonight — Launch Night

- Attend the Zoom session at jamiciapinkfisher.com (sign in before entering)
- Receive your handout and orientation materials
- Lift your cup. Set your intention. This is your covenant night.
- Post a FIRE Post after the session — share what stirred you during the launch night. Use all required hashtags.

DAY 2 | Chapter 1 — First Read (No Marking Yet) — Day 2 of 14

- Number every paragraph in Chapter 1 (pages 1–24) before you read a single word
- Read Chapter 1 straight through — no highlighters, no stopping. Just listen.
- When you finish, write ONE sentence in your journal: 'The first thing that hit me was ____.'
- That is all. Do not over-process yet. Let it settle overnight.

DAY 3 | Chapter 1 — Skim, Scan & Mark the Text — Day 3 of 14

- You already know the terrain from your listening read — now you are mining it. This is NOT a full reread.
- Skim: move quickly through the chapter, eyes scanning for lines that already stood out to you from Day 2.
- Scan: slow down only when something catches you. Pick up your highlighter and mark it — RED, ORANGE, GREEN, or TEAL.
- After marking, arrange the numbered paragraphs into chunks and give each chunk a short title in your own words. Then begin your journal using the Chapter 1 prompt.

DAY 4 | Chapter 1 — Expound in Journal — Day 4 of 14

- Return to your marked passages — choose at least ONE from each color
- In your journal: expound on each one. What does it mean? Why did it hit you? What is it asking of you?
- Complete your full journal entry using the Chapter 1 prompt (see below)
- Do not perform in your journal. Write the honest version, not the sanctified one.

DAY 5 | Chapter 1 — Summarize + FIRE Post — *Day 5 of 14*

- Write your Chapter 1 N.A.M.E.S. Summary — 3 to 5 sentences. What did GOD say to YOU?
- Post your first FIRE Post of the week — share something the text is confronting, exposing, or forming in you
- Use all required hashtags (see FIRE Post section below)
- Optional: respond to someone else's FIRE Post this week. Community is part of the altar.

Rest + Reflection — *Day 6 of 14*

- No new reading today — let Chapter 1 breathe
- Revisit one marked passage that you have been thinking about since you read it
- Sit with it for 10 minutes in silence — no music, no phone, no agenda
- If something new surfaces, write it down. The Spirit is still speaking.

Blog Post + Week 1 Check-In — *Day 7 of 14*

- Write and post your blog response at jamiciapinkfisher.com
- Your blog post should reflect on something from Chapter 1 — honest, personal, substantive
- This is not a book report. It is a testimony of what the text is doing in you
- Second FIRE Post option today — or use this as your one-post-per-week if you have not posted yet

WEEK TWO

Chapter 2 — The Lord's Portion | Pages 25–48

DAY 8 | Chapter 2 — First Read (No Marking Yet) — Day 8 of 14

- Number every paragraph in Chapter 2 (pages 25–48) before you begin
- Read Chapter 2 straight through — no highlighters, no stopping
- When finished, write ONE sentence: 'What God is asking me to give Him first is ____.'
- Notice what changed between how you read Chapter 1 and how you read Chapter 2. The N.A.M.E.S. method is forming you already.

DAY 9 | Chapter 2 — Skim, Scan & Mark the Text — Day 9 of 14

- You have already done the listening read — now you are returning as a miner, not a tourist.
- Skim: move through Chapter 2 with purpose, eyes open for what your first read already flagged in your spirit.
- Scan: slow down where the text pulls you. Mark it immediately — do not wait. That pull is the Holy Spirit pointing.
- Arrange your numbered paragraphs into chunks with titles. Notice where the author shifts his argument — those transitions are often where the most important theology lives. Begin the Chapter 2 Journal Prompt when done.

DAY 10 | Chapter 2 — Expound + Complete Journal — Day 10 of 14

- Expound on at least one marked passage from each color in your journal
- Complete your full Chapter 2 journal entry using the prompt below
- Post your second FIRE Post of the two-week period — you must post at least once this week
- Ask yourself: what am I still holding back from God after reading these two chapters?

DAY 11 | Chapter 2 — Summarize — Day 11 of 14

- Write your Chapter 2 N.A.M.E.S. Summary — 3 to 5 sentences. Not a book report. A revelation.
- Then write one final sentence: 'The thing I am choosing to give God FIRST this week as a result of this chapter is ____.'
- That sentence is your altar. Keep it. Bring it to Session 1.

Activation Day — Day 12 of 14

- Complete the full Activation Exercise (see below) — this is where information becomes transformation
- Set aside at least 30–45 uninterrupted minutes for this
- You will need your journal, both of your chapter summaries, and a quiet space
- If you are one of the three assigned speakers — your reflection should be prepared and ready by today

DAY 13 | Final Review + Assigned Speaker Prep — Day 13 of 14

- Review both of your N.A.M.E.S. summaries — what thread runs through both chapters?
- Write a single overarching statement: 'After reading Chapters 1 and 2, the one thing I know God is doing in me is ____.'
- Bring this statement to Session 1 — you may be asked to share it during the Let's Be Messy segment
- Assigned speakers: finalize your 2–3 minute reflection. You are not giving a sermon — you are giving a witness.

Prepare and Consecrate — Session 1 Eve

- Do not cram new reading today — let what you have received settle
 - Revisit your Activation declaration from Day 12. Has anything shifted since you wrote it?
 - Prepare your drink for Session 1 — The Watchman's Vigil (Chapter 1) or The First Fruits Golden Milk (Chapter 2)
 - Pray before you log in tomorrow. Come to the altar, not the meeting.
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Journal Prompts

These prompts are designed to draw you past the surface. Do not answer them quickly. Sit with each one. Write the honest version first — then go deeper.

Journal Prompt — Chapter 1 — Burden of the Altar

The author says the program can keep running while the glory has departed. Sit with that for a moment before you write. Then answer this: In what area of your worship life — personal or corporate — have you been running a program that God has already left? What kept you from noticing? What kept you from caring?

Go deeper: After you write your first response — go here: What would have to die in you for the glory to return to that space? Not what would have to change. What would have to die. Name it specifically. Write it without softening it. Then ask God what He wants to do with what you just named.

Journal Prompt — Chapter 2 — The Lord's Portion

The author writes: 'A congregation that comes only to receive a word is already halfway to idolatry. A congregation that comes to give to the Lord is already halfway to revival.' Read that line again. Then answer honestly: Which congregation are you? Not which one do you want to be — which one have you been? What has your coming to God looked like for the last thirty days?

Go deeper: Now go deeper: Name the choicest part of you — your first energy, your best creative output, your most generous emotional availability — and ask honestly: who is receiving that right now? If the answer is not God — write what it would cost you to reorder that. What would you have to give up? What would you have to stop protecting? Write that. Bring it to the altar.

Assigned Speakers — Session 1

Three members have been pre-selected to open the discussion at Session 1. If your name appears below, prepare a 2–3 minute spoken reflection on your assigned question. You are not preaching. You are witnessing — bringing what the text did in you, not what you think about the text.

1 [SPEAKER NAME 1] — Assigned: Chapter 1 — Burden of the Altar

The author identifies four Cycles of Loss and Renewal: visitation, institutionalization, exploitation, and prophetic intervention. Looking honestly at your own church background or ministry context — where in that cycle have you witnessed or participated in the shift from visitation to exploitation? What did it look and feel like from the inside? And where did you see — or are you still waiting to see — the prophetic intervention?

2 [SPEAKER NAME 2] — Assigned: Chapter 1 — Burden of the Altar

The author contrasts the PRIEST who tends the fire with the WATCHMAN who guards the gate — and says both are required for worship's integrity. Which of these two roles have you functioned in most naturally? Which have you avoided — and what has that cost the altar? Be specific. Bring an example, not a theory.

3 [SPEAKER NAME 3] — Assigned: Chapter 2 — The Lord's Portion

The author names four modern corruptions of the altar: Ego Feeding, Influence Securing, Financial Manipulation, and Service Exploitation. Speak honestly to one of these that you have witnessed so consistently in church culture that you stopped recognizing it as corruption. When did you first realize it was wrong? What made it hard to call it by its name? What would restoring the Lord's portion look like in that specific context?

Activation Exercise

This is the moment where the reading becomes a reckoning. Set aside 30–45 minutes. No interruptions. Come to this exercise the way you would come to an altar — with intention.



ACTIVATION — The Altar Audit

You have just read two chapters about what happens when the altar is treated carelessly — when the fire goes out and no one notices, when the first is withheld and the rest is offered instead. This activation is your personal altar audit. It is not comfortable. It is necessary.

Step 1: Open your journal to a fresh page. At the top write: 'My Altar — An Honest Assessment.' Date it.

Step 2: Draw a simple line down the center of the page. Label the left side: WHAT I HAVE BEEN OFFERING. Label the right side: WHAT GOD HAS BEEN WAITING FOR.

Step 3: On the LEFT — write honestly what you have been bringing to God. Your routine prayers. Your Sunday attendance. Your ministry service. Your worship participation. Write it without embellishment — just what it actually is.

Step 4: On the RIGHT — write what you sense God has been waiting for from you that has not yet arrived at the altar. This is not a to-do list. This is a listening exercise. What does the Holy Spirit surface when you ask Him: 'What have I been withholding?'

Step 5: Look at both columns. Identify the ONE thing on the right side that you are most resistant to giving. Circle it.

Step 6: Write a single prayer at the bottom of the page — not asking God to help you give it, but telling Him that you are choosing to give it. Write it as a declaration, not a request: 'Lord, I give You _____. Not as a transaction. Not because I feel ready. But because You are first.'

Step 7: Close your journal. Sit in silence for 5 minutes. Let the declaration settle. Then write one final sentence: 'As a result of this study, I am no longer the same in this one specific area: ____.' Bring this sentence to Session 1.

◆ *I came to this text to read it. But it read me. And I will never bring the same offering again.*

The FIRE Post

Once a week — minimum — you post publicly. This is your prophetic witness. The text is not just forming you privately. It is equipping you to speak.



THE FIRE POST

At least ONCE per week, post publicly on your social media platform of choice. This is not optional — it is your prophetic witness to what the text is doing in you.

Your FIRE post should include ONE of the following:

- Something the text is confronting in you (be real, not polished)
- Something you are interpreting differently after reading
- Something the Holy Spirit exposed in you that you did not expect
- A line from the text that hit you — and WHY it hit you
- What you are feeling as you read — unfiltered

Required Hashtags — use ALL of these:

**#FleshhookBook #DrOscarOguaobadia #FleshhookBookClub
#ProJBookClub #JamiciaPinkFisher #TheCupYouCarry
#BurdenOfTheAltar #TheAltar #FirePost**

Optional chapter-specific: #BurdenOfTheAltar #TheLordsPortion #FleshhookCh1 #FleshhookCh2

FIRE Post Rhythm: Post once in Days 1–7 and once in Days 8–14. That is your minimum. If the Spirit is moving — post more. Tag Pro J when you do: @jamiciapinkfisher

"You are not reading this book. You are being read BY it."

— Pro J

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