



REST, REFLECT & RE-IMAGINE

God Sees You



Does God see me?

As this year draws to a close, you may find yourself asking that question.

After all, it's normal to wonder if your ups and downs, your seemingly "trivial" challenges, matter to a big God.

Believe it or not, they do. He saw you and still does.

At this time of year, I love making space for a time of rest, reflection and re-imagination, and always wished there was someone to guide me through.

So I came up with my own guide to help myself and others:

- Reflect on significant encounters with & lessons from God
- Recreate sacred rhythms of rest in the coming year and
- Reimagine the year ahead with His word in mind

It also has a section for couples hoping to envision the coming year together.

If your heart is postured for a meaningful start to a season refreshed in God, I hope this reflection guide will help you. Feel free to share it with a loved one too.

Whether you have a few hours or a few minutes to do this, I pray God will speak to you through this, wherever you are.

May this time of rest, reflection and re-imagination refresh you with gratitude and growth.

Wai Jia



LOOKING BACK

In the past year, what were some of my darkest moments when I felt unseen? When and where do I often feel unseen?

How did God meet me?

What gems did He illuminate my eyes to in the dark?

As I look back at myself with a spirit of compassion and curiosity, what am I learning about myself?

In the moments I felt seen by God, what did He speak to me?





LOOKING WITHIN

What emotions surrounded most of my days this past year?

What did they reveal about my inner being?

What sacred rhythms do I hope to establish next year? (eg. quiet time, regular solitude, retreats, sabbath) Indicate their frequency/regularity.

How can I continue to cultivate intimacy with God?

How can I adjust my sacred rhythms to be available for God, myself and others?





LOOKING AHEAD

What do I sense God revealing to me about this new year ahead?

What message or word is God giving me for next year to focus my eyes towards?

What Scripture/s is this anchored on?

As I seek to align myself more with God's vision for my life, what is one bold step of faith I sense Him leading me to take?





ENVISIONING TOGETHER (FOR COUPLES)

What areas is God speaking to us as a couple?

What vision is He calling us to as individuals?

How do these overlap or complement each other?

What vision do we have for our family next year?

How would this translate into our day to day living?

