

# Day 5

## Remembering & Responding



# Individual Reflection

Pause. Focus on your breathing. Take a moment to center yourself. Reflect on what you've heard this week. Reflect on the different emotions you've felt this week.

Read and meditate on Psalm 119:105

*Your word is a lamp for my feet and a light on my path*

What does this mean to you?

Do you trust the path?

Where do you think God is leading you on this path?

Where have you felt lead lately?

Can you put all of your trust into God to lead you along this path?

Not knowing is hard. Uncertainty is hard. Change and transition are hard. There are many unknowns in this life.

Instead of focusing on what we do not know, let's focus on what we do know. We know that hardships will come and go, we know that we are loved unconditionally by God and we know that God is with us. Even when we may not know what is happening and it feels like we are blindly going forward, God is with us. God is guiding us with the light. Through the Holy Spirit, we have a helper, supporter, advocator, and friend. The Holy Spirit is with us.

Each season of life brings about different challenges, joys, emotions, and needs. We exit each season a different person with new perspectives. There is something to learn in every season of life and what you do with that learning is what matters. We must remember the lessons we learn so that we are able to carry them with us and put them into action.

What have you learned from the different seasons of your life? What is the first word that comes to mind when you think of each season? What do you remember from each season?

The flourishing of summer

The slowing down of fall

The barrenness of winter

The reawakening in spring

Consider the ways that these seasons have taken on new meanings for you. How will you take these new definitions and understandings with you into your next season of life? As you journey through the last section of the seasons, consider how you can apply the lessons you learned going forward.

# Small Group Discussion

Take a moment for yourself and think of the things you've seen God in recently. This can be anything big or small. Try thinking of the joys you have experienced, but also the struggles that you have endured. Both of these situations should be celebrated because we would not have either without God's strength.

Colossians 2:6-7 says:

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

We should be beyond thankful for the things God has done for us. God knows the path we walk before we know. God knows the plan of our life before we take our first breath.

## Discussion Questions

- How have you seen God recently? How have you seen God in the joys and successes, and the struggles?
- Why is it important to spend time reflecting on the ways we've seen God work in our life? How does gratitude shape our hearts?
- What makes you thankful for the group you are with now? How do you build each other up?
- Why is it important to respond to God with our thankfulness? What does that look like?

# Worship Outline

## Supplies Needed:

- Speaker
- Call and Response sheets
- Response materials

## Gathering

Deuteronomy 31:6 reads:

“Be strong and courageous; don’t be terrified or afraid of them. For the Lord your God is the one who will go with you; he will not leave you or abandon you.”

Throughout all seasons of life, God is with us as our friend, supporter and protector. Let’s center our hearts and our minds for worship.

## Call & Response

Leader: We remember the times we slowed down and let go

People: God guided us through the changes

Leader: We remember the times we felt disconnected from God

People: God was still walking with us

Leader: We remember the times of resurrection and growth

People: God prepared a new life for us

Leader: We remember the times of flourishing and progress with God

People: God’s presence is near. Amen.

## Music

So Will I (100 Billion X) by Hillsong United

Good Good Father by Chris Tomlin

## Message

Watch here - <https://youtu.be/xJE1xMUNBzY>

Sneak peek: Have you ever been in a situation where you’ve felt a tug on your heart or you get the chills because you are supposed to do something, but then you stop yourself from doing so because fear takes over?

## Response

We are going to enter into a time of Visio Divina. Visio Divina is Latin for “divine seeing” and is a way to encounter the Divine through images. The point of Visio Divina is NOT trying to understand the image but to pay attention to what sticks out to us and respond accordingly.

Just like we listen to scripture being read aloud and share what words are meaningful to us, we can use an image to do the same thing. We don't have to feel pressured to "get it," instead we can simply respond to things that appear meaningful to us.

Below is an image with a series of prompts and questions. A leader will read the prompts out loud as everyone else gazes at the image, giving 1-2 minutes between each prompt. Allow your mind and heart to be open for what God may be trying to tell you. Feel free to journal and answer the final question.



\*image from Scott Erickson\*

1. Before you begin, simply pay attention to your breathing. Pause and let your breathing slow down.
2. Focus on the image as a whole. Sit in silence and listen for God's voice. You might not actually hear God speak to you, but this can be as simple as having a thought about the image pop into your head.
3. Now, look at the image and focus on the one part that catches your eye first. Continue to pay attention to your breathing and the one piece of the image.
4. Pay attention to your thoughts and feelings that came from that one piece that caught your eye. Write down how it makes you feel or what emotions came up for you. Respond to the image by praying about what you felt and experienced while viewing the image. Take this time to connect your emotions and God together.

## **Benediction**

2 Corinthians 4:18 reads:

"So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal."

Keep your eyes on the Lord and trust that God is always walking with you. No matter what season of life you are in, embrace the joys, the uncertainties, the challenges, and the lessons learned so that you may continue to grow. Go in peace.