

## MORNING REFLECTION GUIDE

### *What are you bringing into the space?*

- What are you present to in your mind and body right now?
- What would help you get the most out of this retreat experience?
- As you reflect on 2018...
  - What gives you joy? What gifts were you given?
  - What grieves you? What do you still need to process or let go of?
  - What caused you anxiety? What challenges did you face?
  - Where did you grow? What obstacles did you overcome?
- As you reflect on your experience in Faithwalking so far...
  - Where have you grown in awareness?
  - Where have you grown in your ability to relate to others?
  - Where do you still feel stuck?
  - What do you long for?
- Describe the various “false selves” you sometimes operate out of.
- Describe your true, God-created self.

*Arise, my people! Let your light shine for all the nations to see! For the glory of the Lord is streaming from you.*

Isaiah 60:1 (The Living Bible)

## AFTERNOON REFLECTION GUIDE

### *What are you seeking?*

- What do you need, right now, in this moment?
- When you think about 2019...
  - What personal growth would you like to see?
  - What relationships would you like to work on?
  - What is one thing you want to accomplish?
  - What do you need more of? (e.g. peace, joy, hope, clarity, vision, acceptance)
- When you think about the second half of your Faithwalking experience...
  - What is one area you would like to see more progress?
  - What topics or questions could you use some coaching around?
  - What would help you make the most of this season?
  - What would you like to do differently this spring?
- What is something you desire that you cannot achieve or acquire in your own strength? What do you want to ask of God in this regard?
- How could reflection, connection, and surrender move you toward what you seek? What are some practical steps you can take in the next week? Who can give you the support you need to take these steps?

*After this interview the astrologers started out again. And look! The star appeared to them again, standing over Bethlehem. Their joy knew no bounds! Matt. 2:9-10 (The Living Bible)*