

What's in store for 2024?

A short reflection opportunity



Photo courtesy of Stephanie Scott

PONDER

"Ponder anew what the Almighty can do,
who with His love doth befriend thee.
Praise to the Lord who doth nourish thy life
and restore thee, fitting thee well for the
tasks that are ever before thee."

Catherine Winkworth

Into



2024

What needs to change?

TAKE TIME TO

P - Press **pause** on your soul and **praise** Him for exactly where you are (look over the past year for ups & downs).

Then after a while praise for His **promises** to you; write what stands out. (2 Peter 1:4)

O - **Open** yourself to His Spirit & His guidance to lead this time and to give you understanding. (Read Psalm 81:10; Proverbs 5:1)

Imagine you **opening** the door of your soul and welcoming Him in. (Revelation 3:20)

N - **Notice** your inner reactions (numbness, resistance, preoccupation, anticipation, disappointment, etc.?)

Take time to **notice** honestly; write it down without judgment, but rather with curiosity.

D - **Discern** the Spirit's voice to your heart (John 16:13; Hebrews 5:14) Rest in His presence and receive what He has for you. "**Direct** your heart in the way." Proverbs 23:19

E - **Enter** into what He offers you. **Express** any emotion (negative or positive), earnestly **engage** with Him. (Read Psalm 62:8)

R - **Repent** (renounce the old) **renew** your mind, regroup, reset, **rise** (into the new). (Ephesians 4:22-24) **Write** out your thoughts and next steps.



*May I never grow tired
of starting over or
helping others do the same.
My hope is always in renewal and
resurrection.*

Scott Erickson/Justin McRoberts

Personal/Leader Coach
Jacqueline Scott MA, PCC



Soulfit.Lus
Jackiemscott59@gmail.com