
RECEIVE! 2026

A SOUL REFLECTION GUIDE FOR THE NEW YEAR

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WHY THIS GUIDE

As a new year begins, many of us sense a desire for change—but not more striving, fixing, or pressure.

This guide is an invitation to:

- slow down and notice what's happening beneath the surface
- listen honestly to your life and story

- attend to God’s presence without performance
- make space for small, meaningful change

It’s designed to be taken at your own pace, in your own way.

RECEIVE is a Scripture-anchored reflection guide built around a simple framework for tending the soul:

- **Readiness** – preparing space and attention
- **Empty** – settling and releasing
- **Cooperate** – attending to your story with God
- **Energize** – receiving the Spirit’s power
- **Integrate** – making room for change
- **Visualize** – renewing the mind
- **Emerge** – practicing a new way of being

This is not a workbook to complete, but a companion for reflection.



“Those who *receive the abundance of grace*... will reign in life through Jesus Christ.”

Romans 5:17 (NASB)

AN INVITATION

This is an opportunity to reflect concretely on how God's grace is pursuing you in this season and how to be open to that!

This guide is an invitation to pause and attend to your **inner landscape**.

- What is the condition of your soul?
- What does it need in order to receive life?
- What change might God be inviting for lasting growth?

There is no finish line—only attentiveness.

READINESS

Preparing the Space

Before you begin, choose a place and time that allows you to be present.

Consider:

- A comfortable, quiet space
- Something beautiful or grounding nearby
- A favorite beverage
- A Bible and a way to process (journal, drawing, voice notes, imagination)

Plan for a length of time that feels realistic, and tend responsibilities so you can be as free from interruption as possible—especially from devices.

This is an act of care for your soul.

EMPTY

Settling and Releasing

Begin by sitting quietly for a few moments. Give yourself more time than you think is necessary.

Notice what is occupying your mind—

recurring thoughts, concerns, or distractions—without trying to solve anything.

You may want to write these down.

Take a few slow, deep breaths. Then, simply sit with your attentive God.

Adore Him in whatever way feels natural: (writing, drawing, singing, stretching, kneeling, silence)

As you're able, release your agenda, expectations, and concerns.

Offer them to the One who knows you best.

Take your time.

COOPERATE

Attending to Your Story

Review the past year with honesty and gentleness.

You might look through:

- your calendar
- journal entries
- photos or memories
- music play list, posts

Notice recurring themes through:

- ongoing struggles or questions
- reactions you'd like to change
- patterns of repentance—or avoidance

Ask God for clarity that is **truthful and kind**.

“You desire truth in the innermost being.” Psalm 51:6 (NASB)

How do you sense God has been at work?

How might He be inviting your cooperation?

ENERGIZE

Receiving the Spirit's Power

Whatever God is inviting, you are not meant to do it alone.

Recognize your need for the Holy Spirit's energy and presence.

“Be continually filled with the Spirit.” Ephesians 5:18 (NASB)

Pray Ephesians 3:14–21 slowly and reflectively several times.

Notice what arises—thoughts, emotions, resistance, longing.

These are important signals from your soul.

You might:

- take a walk
- look out a window
- listen to reflective music
- lie face down or move your body
- sing

How will you let truth move from your mind into your body?

INTEGRATE

Making Room for Change

As you come out of prayer, notice **one small adjustment** that could help reduce what drains you and increase what gives life.

Consider:

- your schedule
- your commitments
- conversations you may need to have

- support you may need

Small, thoughtful changes often lead to meaningful growth.

VISUALIZE

Renewing the Mind

Scripture invites us to “put on the new self” (Meditate on Colossians 3:10).

With God, imagine what this could look like in a specific area of your life.

Visualize yourself responding differently — with more presence, freedom, or grace.

This is not pretending; it is **practice**. (In practicing to respond with curiosity, I have slowly made progress while sometimes defaulting back to old patterns. This takes time!)

“Present yourselves to God... resulting in sanctification.” Romans 6:19 (NASB)

EMERGE

Practicing the New Way

Identify two or three real-life situations in the coming weeks where you can practice this new way of being.

Invite the Spirit's presence as you step into them. Write a prayer.

Observations:

Transformation unfolds through attention, cooperation, and time.

RECEIVE

Receive from the Lord—
so you may live more freely and faithfully for the Lord.

What do you want to receive from the Lord now?

What does the Lord want to receive from you?

R — Readiness
E — Empty
C — Cooperate
E — Energize
I — Integrate
V — Visualize
E — Emerge

KEEP GROWING IN HIS TRUTH AND GRACE!



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