

REWIND AND REDEFINE PRACTICE

Jesus intentionally and routinely stepped away from the everyday noise of his work and ministry to prayerfully reflect on the past season (**Rewind**) and retune His direction (**Redefine**) for the upcoming season (See *Luke 4:42, Luke 5:12 and Luke 9:18*). A recommended practice would be to set aside time at least every quarter to allow these thoughtful questions to lead you in a similar discernment process. Journalling your answers can be a beautiful way to see how God has been faithful through the seasons of your own spiritual Journey.

PART I – REWIND

1. Where does it hurt?

- *What in this past season caused you pain?*
- *What does God want to say to you about it?*

2. Where are you tired?

- *Emotionally? Physically? Spiritually? Relationally?*
- *What does God want to say to you about it?*

3. Where are you anxious?

- *Loud or quiet, what has unsettled you in this past season or as you think about the coming season?*
- *What does God want to say to you about it?*

4. What is something that God might be saying that you're missing or not quite catching?

Encouragement: *hear no judgement in God's voice. Remember, He loves us and calls us His friend.*

- *Is there something He wants to remind you about?*
- *Or is there a habit/way of life that you are just now waking up to, realizing you've outgrown it?*
- *What does God want to say to you about it?*

5. What went really well this past season?

- *What needs to be celebrated with God right now?*
- *Maybe you need to hear God say "Well done, good and faithful servant".*
- *Maybe you need to give God thanks for it.*
- *What does God want to say to you about it?*

6. Where do you need God to intervene?

- *Where have you held vigil so long that you're not sure you can keep doing it?*
- *Is there an unanswered prayer that you're carrying?*
- *What does God want to say to you about it?*

PART II – REDEFINE

In the coming season of life...

1. *Is there a challenge you are about to face that you want to invite God into?*
2. *What are you personally working to surrender to God?*
3. *What aspects of God and His way would you like to grow in?*
4. *Is there an area of life you want God to bless?*

Footnote: For other resources in your spiritual journey, visit OneChurch.to/Follow