

SPIRITUAL WELFARE



2016

Either individually, or with family/friends, consider the following as you contemplate how you want to live out 2016.

LOOKING BACK

Think back over 2015. Can you identify any less than healthy ways of being that going forward you would like, with God's help, to alter? These might include:

- Always rushing;
- Absence of joy;
- An inability to ask for help;
- Often anxious about the future;
- Routinely pre-occupied and distracted;
- A superficial spirituality;
- Impoverished relationships with those closest to you;
- Being defensive and easily offended;

DISCUSS & PRAY

Talk/think about anything that has come up, perhaps attempting to trace some of the causes – without apportioning blame to anyone.

Pray about it.

LOOKING FORWARD

"...asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding." (Colossians 1:9)

Consider this question: How will you surrender yourself to God in 2016 to allow Jesus to be at work in you, so that you might grow in the knowledge of God's will and bear fruit?

Think about the following areas of your life: **WORK, REST, PRAYER & RELATIONSHIPS**. In these areas, consider what affects your ability to receive and give the love of God – both positively and negatively.

"Just because God has access to everything that is true

about us does not mean God has access ***to us***."

TAKING ACTION

Contemplate what steps you may resolve to take to ensure your highest priority is to walk closely with Jesus every day.

Be creative but keep it simple.

Use the back page to jot down any ideas - there are some suggestions to help get you going.

Don't forget these are only suggestions to stir your thoughts. Also remember to take the long view and relax. We don't suddenly slam on the brakes of life to slow down and get it all at once. So be patient and kind to yourselves.

- Diarised periods of silence;
- Prioritise activities that nurture your spirit and fill you with joy;
- Fast from social media one day a week;
- Regularly 'count your blessings' - intentionally giving thanks to God;
- Pray together over breakfast;
- Eliminating 'influences' that deplete your spirit - media, places, even people;
- Develop a 'rule of life' with the help of a spiritual mentor;
- Reconsider what 'a day of rest' (Sabbath) might look like as an individual/family;
- Discover the practice of meditating on Scripture;

I/WE WOULD LIKE TO TRY THE FOLLOWING TO DRAW CLOSER TO GOD THIS YEAR
