

## **New Year Reflection**

**Question:** What is your favorite food to take on a Journey?

What you take with you as your Journey thru life is even more important? They form and shape who you are and are becoming....

GRAPES & RAISINS- Both are Fruit!

Grapes- Very Sweet, But Don't Last

A Raisin gets changed in the Sun to make it sweet, but it takes time

Exposed pain to the Sun is what turns Grapes into Raisins

Raisins- Get Sweet thru the Heat, Last Longer

GRAPES & RAISINS ARE LIKE EXPERIENCES WE GO THRU IN LIFE:

**We NEED TO AND GET to Taste Both in LIFE**

What if you could learn to Accept the Sweetness thru times that are difficult ( Raisins)?

**JESUS AS OUR EXAMPLE:** Jesus had Grapes & Raisins

**Mark 1:9-15**

**JESUS AS OUR EXAMPLE:** Jesus had Grapes & Raisins

Not everything we experience as we follow Jesus feels good to us ( **Ecclesiastes 3:1-8**)

Come to Jesus just as we are, He Loves us too much to STAY the way we are, HE DESIRES TO CONTINUE TO TAKE US ON A JOURNEY OF TRANSFORMATION INTO HIS LIKENESS THROUGHOUT OUR LIFE.

Being Real with God means taking time with HIM to LOOK at your Life!

**SELAH** (Hebrew) Most commonly found in the Psalms: Means to : Pause, Breathe, Reflect

Take time to Pause, Breathe, Reflect as the New Year Approaches.

**PSALM 139:23-24 (Psalm is a Book of Wisdom )**

Wisdom in Gained through Reflection of being aware of the Bigger Picture

## **PRAYER OF EXAMEN**

An Ancient Way to Pray/Reflect in order to help us SLOW DOWN and BE ATTENTIVE to the Work of God in our Lives. TO HELP MAKE US AWARE OF THE PRESENCE GOD in ALL PARTS OF OUR LIVES ( GRAPES & RAISINS) over the PAST YEAR AND IN PREPERATION FOR THE NEXT....

### **PSALM 46:10**

#### **Instructions: TAKE TIME TO EXAMINE**

- 1- **Slow Down:** Sit Quietly ( Music in the Background, Find a Place without Distractions), Allow all your thoughts to BE STILL. Take some deep breaths, release tension. (Journal if you want )
- 2- **Look Up:** Give thanks to God. Ask Forgiveness for any Sins He might Reveal to you
- 3- **Look Back:**
  - a. Take Time to review the Last Year with God: Month by Month- How has He Helped you?, What Persons or Circumstances has God used for an Encounter with Him? What are you most Grateful for? (GRAPES) ASK GOD TO SHOW YOU THE GRAPES!
  - b. What Burdens were you carrying in 2025? What was your lowest point in 2025? What made you anxious or worried the most? For what are you least Grateful? (RAISINS) ASK GOD TO SHOW YOU THE RAISINS!
  - c. What were the patterns or Themes in 2025 of God's Activity in your life?
- 4- **Look Forward:** Ask God to Show You Where He Wants to Lead you in 2026

Read:

### **PSALM 119:105-112**