

REFLECTION GUIDE

JANUARY 3



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REFLECTION GUIDE

FOR FAMILIES, INDIVIDUALS, & SMALL GROUPS

REFLECT.

1

What part of your life with God are you holding onto right now?

2

What are the “Yes-es”, the realities, however hard they might be, that you need to acknowledge about life right now?

3

What are the “Ands”, the things you know are true of God, for which you are thankful?



IMAGINE.

For every wilderness you can think of, God has got an AND for you. Isaiah said to his folks: yes, there's a wilderness AND our God loves to make a way in the wilderness
Bishop Wright

Imagine that God has made a way in your wilderness, that God has an AND for you, a reminder of who God is, right now, for you. What is the "AND", the truth about God that the Spirit is whispering to your spirit, reminding you of? Yes, times are tough, AND God_____ . Write it down. Remember.



EXPRESS.

Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you...and when you walk through the fire, you will not be burned...

Isaiah 43:1-2

Think about the “yes-es” (reality of the situations you now find yourself in). Think about the “Ands” (the truths about who God is). Pray through those things, and express your “Yes And” prayers to God. Here are some ideas on how to do that...or pick your own!

Worship through Song. Meditate on the lyrics of the song “I Am Not Alone” by Kari Jobe, with lyrics from Isaiah 43. https://youtu.be/MDa_OiyQ4kY

Draw/Illustrate/Doodle the Scripture from Isaiah. Take a look at the beautiful imagery from Isaiah 43:1-2, and illustrate it yourself, drawing pictures or symbols showing the waves/flames/wilderness that surrounds you AND the goodness of God around you, too. OR doodle the words as you think through them. OR use a coloring page like this one to direct your meditation: <https://fromvictoryroad.com/2017/10/22/isaiah-432-coloring-page/> Think about the things that feel like deep waters or consuming fires. In what ways have you experienced God or are you hoping/waiting to?

Make a list. Take out a piece of paper and draw a line down the middle. On the left side, write down the circumstances that feel like wilderness, deep waters, or fire...the “Yes”, the reality of the situation. On the right side, write down the things you know, have experienced, or hope to experience about God. Then write a prayer expressing yourself to God, saying “Yes AND”, and asking for what is needed to hold onto the “ANDs” during the hard “Yes-es” of the reality of life.

