

SESSION 3

Finding a Meaningful Rhythm

EXHAUSTED EMOTION > POURED OUT TO GOD > SELAH > HOPE

Questions for Reflection

1. What are you asking God for?
2. Where are you waiting?

Spiritual Inventory

How do you see God's presence and your flourishing of heart in each of those areas right now? Take some time to assess what is going well, what areas of your life require more intention and cultivation, and what areas you are being called to rest and wait on the Lord in.

MIND

MARRIAGE

HEART (SPIRIT)

RELATIONSHIPS

STRENGTH
(PHYSICAL BODY & CAPACITY)

CHILDREN'S LIVES

EMOTIONS

HOME LIFE

FINANCES

VOCATION

Ask your spouse or a close friend to examine these areas of your life with you. How do they see the rhythms of your life?

ROOM FOR NOTES

