

REFLECT 2020

Epicentre Church Reflection Guide

"Teach us to number our days aright, that we may gain a heart of wisdom."

(Psalm 90:12)

2020 has been an unusually memorable year, whether in a good way or not so good way. As the year is coming to an end, it is good and necessary for us to take a pause to remember and reflect on the year, so we can prepare our hearts for 2021. Please take some time to go through this reflection with the Lord and have it ready for our Zoom Sunday service on Dec. 27.

Personal Reflection

Find a comfortable place in your home to do this reflection, where you can focus and listen. This exercise might also be done in your facetime over a couple of days, as you remember different things which have taken place this year.

1. Take a moment to quiet down. Become aware of God's presence with you and give thanks for this moment and for His sustaining grace this past year.



2.Ask God for light and insights as you remember and reflect on this past year's journey.

3.Slowly remember significant moments of this year. This could be external events (like the coronavirus shutdown, death of a person in the news or things that happened to a family member), or things which happened at home or in your heart. If it helps, you may want to look at your calendar to help you remember. Or you can take a month at a time in this remembering process. Use the questions below to help identify your different experiences:

A. Where have I felt the closeness of God? Where have I felt closenes
to others? What am I grateful for? Elaborate how each of these
experiences has strengthened you as a person and in your
relationship with God and others. After journaling these reflections
down, take a moment to give thanks.

- B. Where have I felt distance from God? Where have I felt disconnected from others? What (loss) am I sad about? Do I have any regrets? Elaborate how each of these experiences has impacted you. After recounting these experiences, take a moment to give them to Jesus and ask for:
 - Comfort and healing
 - Faith and trust
 - Forgiveness and restoration

- 4. Sit quietly with this verse from Jeremiah 31:3,
 - "I have loved you with an everlasting love; I have drawn you with loving-kindness." (NIV)
 - Slowly read this verse slowly a few times and ask your heavenly Father to shower you with His love and loving-kindness.
- 5. Read Jeremiah 29:11,
 - "'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"
 - Ask God to speak to you about 2021:
 - His desire for your relationship with Him
 - What heart postures He would like you to have, so you will be able to respond to what may come in 2021
 - Any prophetic words and promises He would like to give you.

• Journal all that God	gives you.		

6. Close by opening up your hands and tell God you receive all that He is
and has for you for 2021. Pray or write a prayer of thanksgiving to close.
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Note: if you're married, we'd suggest finding a time and space where you can read your journals to each other and then pray together.

