



SOUL  
RESET

# Grab Gather Grow And Daily Spiritual Practices for a Soul Reset

Session 1: Soul Reset Assessment  
Week of January 12th

## Opening Prayer

Gracious and loving God, you are a God of new beginnings. You created us to be whole, unique, abundant-life-living children. Though we get too busy and disconnected before we even realize it, you are full of grace to offer a reset. You bring us back, refresh our spirits, and make us whole again. As we begin this journey to wholeness, prepare our hearts to let go of what is holding us back. Teach us again what it means to live lightly and freely, walking with you each and every day. Come and be present in our conversation and fellowship. In Jesus' name. Amen.

## Matthew 11:28-30, The Message

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

## Questions for Reflection/Discussion

Are you overcommitted? Are you over-scheduled? Are you under-prayed?

"Are you tired? Worn out? Burned out on religion?"

Are you ready for a Soul Reset?

How does the idea of needing to get back to your first thing resonate in your soul?

How do you define wholeness? Where have you felt a sense of wholeness?

When have you felt less than whole?

How is it with your soul right now? What do you need from God? What do you need from your community? What do you need from the church?

## SOUL RESET PRACTICE WEEK 1: The Practice of Examen

This week, you are invited to close each day with the practice of *examen*. Find a quiet place, and turn off your phone and any other distractions. Light a candle and invite God to be present with you. Take some deep breaths, and settle into your body and into the quiet. Begin each practice by reviewing the day in your mind, paying attention to moments of joy, confusion, sadness, or peace. Daily prompts for each day are listed below.

Day 1: What brought you the most joy today? Give thanks to God. When did you feel most connected to God? Give thanks to God. Did you feel sad today? Share your raw and unabridged feelings with God. Then, sit in silence and listen for God's voice reminding you that you are loved and held in grace.

Day 2: If you could relive a moment from today, which would it be? Where as God in this wonderful moment? What did you experience or discover about the love and grace of God today?

Day 3: Jesus invites us to live lightly and freely with him each day. Did you feel light and free today? If yes, what was it like to walk unburdened through the day? If no, what is needed to accept Jesus' invitation to a light and free kind of living? Listen to God in the silence of your heart about what is keeping you from freedom.

Day 4. Reflect on your ability to give and receive love today. Was love easy or difficult to give away? Was love easy or difficult to receive? Look for God in these moments of giving and receiving love today, and ask God to teach you more about God's generous ways of loving.

Day 5. Rehearse the day in your mind, pausing at each moment of gratitude to give thanks. Invite God to reset your heart, to clear away the clutter of guilt, harsh words, words left unsaid, actions taken or left undone. Let God's grace wash over the desolation and guide you to a place of consolation where you can always begin again.

Day 6. How is it with your soul? Listen to your body, to your feelings, and to your thoughts. Share with God how your soul is doing today. Then, listen for God's voice to speak to your heart.

Day 7. Reflect on the idea of wholeness. What images come to your mind? Do you feel whole? If not, what is keeping you from wholeness? If yes, how did you come to be whole, and what does it feel like? Give thanks for where you are right now on the journey and invite God to speak to your heart in the quiet.

### SERVICE

Our Change4Change next Sunday, and the Sunday after that is for **Human Relations Sunday**. One of 6 special UM offerings. Turn on the news or drive around the outskirts of the metro and you will find what Jesus called "the least of these." Those living in the margins of society, struggling to survive. After your drive or news watching, prayerfully consider what "Change" you will collect for Human Relations Sunday. 50% of our offering will go the General Church's outreach with the "least of these." 25% for Avenues for Homeless Youth and 25% to Hope4Youth (both local ministries serving the least of these in our communities.)

As a gathering, family, or a group from work, plan on attending our **MLK Day celebration** on Monday, the 20th. Better yet, plan on taking the day as a national day of service and find an organization that could use your service for the day.



**FAITH**  
share read talk pray bless



Sunday: Matthew 11:28-30  
Monday: Matthew 11:28  
Tuesday: Matthew 11:29  
Wednesday: Matthew 11:30  
Thursday: Jeremiah 1:5  
Friday: Exodus 33:17  
Saturday: Psalm 42

Share your high and low of the day; read a piece of scripture; talk about it, and pray, including your highs and lows. At the end of the night, have someone bless everyone with the following blessing: "May God breakdown and breakthrough on your journey to wholeness in Christ"