

(Q) Questions

*Questions are our way of discovery. Questions interrupt our cycles of life, our patterns of thinking and **create new possibilities**. Use the following prompts to think about some of the questions you may be wrestling with this week, and use this time of reflection to pray and sit with those questions.*

- What has been occupying your thoughts this week? What questions do you feel is weighing your spirit down?
- What questions is the Spirit raising in you to consider about God, Jesus, or Faith this week?
- What questions do you currently have about your relationship with God? With Jesus? With the Spirit?

(U) Un-Earth

*In our sacred journey, **Jesus will reveal things about us** (both positive and not so positive), and when they are unearthed or revealed we can release them to God. Use the following prompts to un-earth in truth and vulnerability where you are in your journey this week. Reflect on how you can surrender to God what is God's, and choose life this week.*

- In a few words or phrases, describe how you are doing currently. Emotionally? Spiritually? Mentally? Physically?
- Where are you currently encountering a struggle in your life with God? With others? Within yourself?
- What are you currently holding onto this week that you need to release to God? Why are you holding onto it?

(E) Encounter

*In this sacred journey, we are **longing to encounter Jesus**, and when we encounter Him, Jesus will answer our questions, including those we aren't aware of having yet. Use the following prompts to reflect on how you and others--through you--are encountering Jesus. Do not feel shame or guilt, rather allow this space to help you create intentions rooted in the living Presence of God.*

- How are you and Jesus connecting this week? What words would you use to describe this connection?
- Where do you need to speak the truth in love to another? Where do you need to be more grace-filled this week?

- How have you helped others experience Jesus this week? What is going well in your relationships? Who do you feel nudged to pay a little extra attention to this week?

(S) Serendipity

*It is that ability to **be fully present** that makes us ready to see and respond to Jesus, and to see and respond to those around us. Use the following prompts to reflect on how fully present you were in the past week, and allow it to form an intention to be more fully present in the coming week.*

- What are you grateful for in life currently?
- How is the quality of your focus and presence with God? With Others? With yourself?
- Glory Sighting: Where did you see God at work in others this past week? In and through you?
- Who do you need to pray for this week? Who do you need to reach out to with an invitation of grace?

(T) Transformation

All of our thoughts, actions, and questions are shaped by who we believe Jesus is to us personally. This transforms us, the moment we are in, and the relationships around us. Use the following prompts to think with some intentionality where you would like to experience transformation, and use this space to pray and create some healthy goals for yourself.

- What are you learning this week? What would you like to learn?
- Who would you say Jesus is to you this week? What impact does that have on you in this present moment?
- What habits/spiritual practices are you keeping in life this week? What new habits or practices would you like to cultivate? Where are you struggling with this week?