

December 28, 2025: Rest and Reflect

1. Read Philippians 4:4-8
2. Philippians 4:4
 - a. Take a moment to reflect on God's goodness. Praise Him for who He is.
 - b. We are called to rejoice, even in difficult circumstances. What difficulties have you gone through this year? How did God help you get through them?
 - c. Were you able to rejoice amidst the difficulties? If not, do you remember what thoughts were going through your head? Were they helpful or hurtful?
 - d. Who walked alongside you during your difficulties? Take a moment to thank God for putting them in your life.
 - e. What were the victories for the year? Celebrate those with God and look for where His loving hand was in them.
 - f. What stirs you to worship and rejoice? How can you incorporate this into your daily routine more?
3. Philippians 4:5
 - a. Have you felt God's presence this year? Jesus tells us in the Great Commission in Matthew 28:20 that He is always with us. Has it been hard to believe that He is always near? Why or why not? Reflect on the year and thank Jesus for his continual nearness, even if we do not feel it all the time.
4. Philippians 4:6-7
 - a. What do you need to surrender to God in the upcoming year? What do you need Him to help you leave behind? Ask God to help you depend on Him.
5. Philippians 4:8
 - a. Think about what is going on in your life right now, and what you have coming up in the new year. What is worthy of praise right now? Praise God for who He is, writing or saying out loud as many adjectives as you can that describe Him. Praise God for how He has moved in your life this year, no matter how small or big it seems. Dwell in His presence and accept His peace.
6. Concluding Prayer: God grant us peace we never knew possible, help us rejoice always, rest in your goodness, remembering you are always worthy of all praise and you love us.