



REFLECTION QUESTIONS

Pathway of Revelation: 5 Steps Towards God's Rhythms

- What areas in your life are you currently feeling crushed in spirit, brokenhearted, or that you feel that your surface-level faith needs to become more real?
- What are the areas that you are relying on your own productivity rather than trusting God's goodness? What would trusting God's goodness look like in that situation?
- What is in your life that you can release and allow God to do His best work in you?
- What one thing in your life can you implement in your day to rest with your Savior?
- Whom are you allowing to speak into your life? What lies are you believing? What are the truths that you need to write down and begin to believe? (Write those truths and place them where you can see them daily!)
- What have you allowed to slide into your life that has shifted your focus off of God and onto yourself and/or your situation? What is one practical thing you can do to shift your focus back to Jesus?
- Name three things you are doing well.

The 5 Rhythms of God

- Revelation - Philippians 3:20-21
 - Release - Philippians 4:6
 - Rest - Philippians 4:7
 - Restore - Philippians 4:8
 - Refocus - Philippians 4:9
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