



## **“Mount Trashmore” WEEKLY REFLECTION JOURNAL**

### **January 8: Back to Work**

Rebuild. Restore. Starting Over. Starting New. Our situations and circumstances differ, but the reality is we all face challenges, many of which leave us feeling overwhelmed and discouraged. The Book of Zechariah gives us a picture of how God works in our life and our world, through his hidden presence, the advocate, overflowing comfort and mercy, and a new day. This week, give yourself time to take an honest assessment of your circumstances, lament to God your pain, receive God’s comfort and mercy, and look for opportunities to share His comfort and mercy with others.

**DAILY BIBLE READINGS:** *Pick one reading each day to study and reflect on God’s word and your life. If you miss a day, or a week, give yourself grace and keep trying.*

- Zechariah 1:1-6
- Zechariah 1:7-17
- Psalm 130
- Hebrews 7:23-28
- Zechariah 2:1-13

## **Daily Journal**

**Look Up. Look In. Look Around.**

*Begin with 2 minutes of silence*

### **Daily Bible Reading**

*As you read through the passage, write down your reflections from the following questions.*

- **SCRIPTURE:**

*What does this verse say about God, me, others?*

*Any commands, promises, warnings, wisdom?*

*What words or phrases stand out? Why?*

- **OBSERVATIONS:**

*What am I mad/angry about?*

*What am I feeling sad about?*

*What am I feeling anxious about?*

*What am I glad/happy about?*

- **APPLICATIONS:**

*If the truths of this bible reading were alive in my life, how would it change me?*

- **PRAYER:**

*Based on all of these thoughts, what and who should I be talking to God about today?*