



## **"Mount Trashmore" WEEKLY REFLECTION JOURNAL**

### **January 22: From Fasting to Feasting**

In our brokenness, discouragement, and heartbreak, the idea of transformation and change can feel far off. For the people in Jerusalem after exile, they spent time throughout the year recalling their past hurts and defeats. But God promised them His presence and His gifts: security, flourishing, strength, and joy. As we move from trusting our capabilities to trusting His promises, we experience deep transformation and change, and he is able to turning our despair, our pain, our fasting into joy, celebration, and feasting.

**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 5:1-11
- Zechariah 6:1-15
- Zechariah 7:1-14
- Zechariah 8:1-17
- Zechariah 8:18-23

## **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?*