

Reflections for when life has brought you to a surprising place

You were not prepared for this, but here you are.

You're still **you** but everything around you and within you is different.

You continually encounter situations that bring with it new emotion. Sometimes ugly, challenging, frustrating emotions. The challenge is to *pause* and not rush past what this new circumstance has to teach you.

As you learn to navigate this new external and internal world, there is immense potential for greater connection with God and yourself as you learn to live in your new skin.

Becoming curious is the first step to growth.

The following are a few prompts to consider* when choosing to become curious.

Pause

Begin by becoming still.

Breath deeply, filling your tummy with air,
holding for a few beats, then letting the air release completely.

In your spirit or aloud, invite the Holy Spirit to be present.

What is happening around me (or within me) that is making
me feel different? (get specific without any shame)

What is this feeling? Does it have a place in your body?
Describe it in as much detail as you can.

Get curious

Where did it come from? Does it have anything to tell you?

Let your imagination recall any memories that may have allowed this feeling to first enter your being.

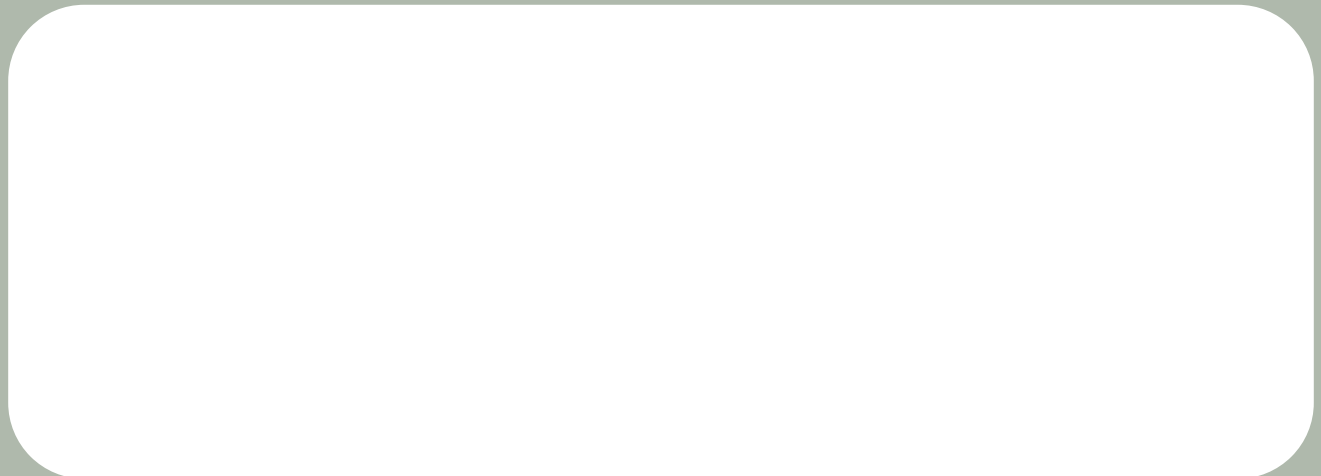
Sit with it. Experience it.



What does this memory have to tell you?

Is there anything that you need to let go?

Is there anything that you need to hold onto more closely?



Deeper connection

Ask Jesus to be present.

Imagine the love of God wrapping you like a blanket.

Where is Jesus in this?

What does this tell you about Jesus?

What does this experience have to teach you about
how God created you?

Take some deep breaths.

Thank Jesus for revealing more of himself to you.

Welcome gratitude and peace.

My friend, may you experience the love and peace of Christ Jesus as you invite him into your every moment today.

Then you will experience
God's peace, which exceeds
anything we can understand.
His peace will guard your
hearts and minds as you live
in Christ Jesus.

-Philippians 4:7 NLT

Find more resources + content for deeper connection
www.ashlynslamansocha.com

