

20

24

Epiphanies  
*following the light  
of Christ in my life*

United Christian Church of Austin

# Reflections on 2021

*Quickly jot down the first words or images that come to your mind in the box for each category. You'll have space to journal in depth later.*

*My favorite memory of 2021*

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*My hardest moment of 2021*

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*The biggest lesson of 2021*

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*The person who inspired me*

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Arise, shine; for your light has come, and the glory of the LORD has risen upon you. – Isaiah 60:1

# Reflections on 2021

*Quickly jot down the first words or images that come to your mind in the box for each category. You'll have space to journal in depth later.*

*The greatest blessing of 2021*

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*The biggest surprise of 2021*

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*When I felt most connected to God*

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*When I felt most disconnected*

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And there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. – Matthew 2:9



# Looking to 2022

*Quickly jot down the first words or images that come to your mind in the box for each category. You'll have space to journal in depth later.*

*My hopes for 2022*

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*My fears for 2022*

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*What I'm leaving behind in 2021*

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*The wisdom I'm bringing forward*

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Forget the former things; do not dwell on the past See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:18-19

# Intentions for 2022

*Quickly jot down the first words or images that come to your mind in the box for each category. You'll have space to journal in depth later.*

*Something I want to let go of  
or stop doing in 2022...*

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*and one small, concrete,  
measurable action I can take*

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*An intention that I would  
like to take up in 2022...*

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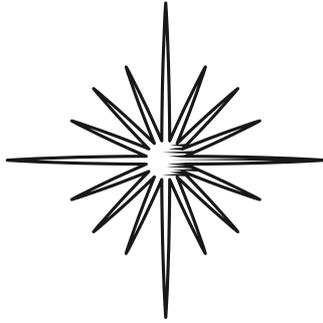
*and one small, concrete,  
measurable action I can take*

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*...see the plan of the mystery hidden for ages in  
God who created all things.*

*– Ephesians 3:9*

# 2022 Intentions



*Prayer for my mind* .....

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*Prayer for my body* .....

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*Prayer for my spirit* .....

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*Prayer for my relationships*.....

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# Giving Thanks

**3 LITTLE THINGS TO BE GRATEFUL FOR**

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**SOMETHING ABOUT 2021 I'M GRATEFUL FOR**

**PEOPLE I'M GRATEFUL FOR**

**EXPERIENCES I'M GRATEFUL FOR**

**PLACES I'M GRATEFUL FOR**

**PRIVILEGES I'M GRATEFUL FOR**

**QUALITIES ABOUT MYSELF I'M GRATEFUL FOR**

**THINGS I'M GRATEFUL FOR**

**HOW I WILL PRACTICE GRATITUDE IN 2022:**

# 30 Day Self-Love Challenge

<input type="checkbox"/> <i>Stretch all your muscles</i>	<input type="checkbox"/> <i>Drink more water</i>	<input type="checkbox"/> <i>Go for a walk in Creation</i>	<input type="checkbox"/> <i>Turn off your phone</i>	<input type="checkbox"/> <i>Create a bedtime ritual</i>
<input type="checkbox"/> <i>Sing your favorite hymn</i>	<input type="checkbox"/> <i>Stop and pray before you eat</i>	<input type="checkbox"/> <i>Take a bath and remember your baptism</i>	<input type="checkbox"/> <i>Share a meal with someone you love</i>	<input type="checkbox"/> <i>Make a sacred space in your home</i>
<input type="checkbox"/> <i>Call someone you love to catch up</i>	<input type="checkbox"/> <i>Journal your prayers to God</i>	<input type="checkbox"/> <i>Take a nap or just rest</i>	<input type="checkbox"/> <i>Journal what you're grateful for</i>	<input type="checkbox"/> <i>Do something creative</i>
<input type="checkbox"/> <i>Watch the sunrise</i>	<input type="checkbox"/> <i>Read a book for fun</i>	<input type="checkbox"/> <i>Explore the Psalms</i>	<input type="checkbox"/> <i>Watch your favorite movie</i>	<input type="checkbox"/> <i>Spend time in Centering Prayer</i>
<input type="checkbox"/> <i>Get some sunlight</i>	<input type="checkbox"/> <i>Create a morning ritual</i>	<input type="checkbox"/> <i>Write out a mini-goal</i>	<input type="checkbox"/> <i>Move more slowly with intention today</i>	<input type="checkbox"/> <i>Watch the sunset</i>
<input type="checkbox"/> <i>Cross 3 things off your calendar</i>	<input type="checkbox"/> <i>Work on a jigsaw puzzle</i>	<input type="checkbox"/> <i>Imagine God's dreams for you</i>	<input type="checkbox"/> <i>Make a "stop doing" list</i>	<input type="checkbox"/> <i>Do something playful</i>



# My Epiphanies

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*One of the ways in which the Magi were wise was that they knew to return home by another way. What new ways might God be calling you to this year?*

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