



SEASON PROCESSING

Summer/Fall **2020**

Staff Processing - Fall 2020

4 Movements: Reflect, Process, Meditate, Resolve

Timespan: 60-90 Minutes at a table somewhere by yourself - No one else needs you during this time. We need this time. Go slow. Just be.

Needed: Bible, Journal, Pen, Calendar (Phone), whatever journal(s) you've been using to track and record your semester. Headphones recommended. Stay off social media/email.

Win: *After walking through this doc one movement at a time, slowly and thoughtfully looking back, processing your semester, to see what God's done in you and through you, to look ahead and let where you've been shape how you'll step into the next season.*

Movement 1 – Reflect

Readings and Prayers. (~15 Minutes)

Take your time to read through wherever you are in your daily reading. Consider reading in such a way that you are compelled by the text to pray in light of the text as the Holy Spirit interprets what God is speaking to you through His Word.

Consider this sentence as you come before God: *“The inevitable fruit of the knowledge of God is energy to pray for His causes – energy indeed which can only find an outlet and a relief of inner tension when channeled into such prayer – and the more knowledge, the more energy.”*

– J.I. Packer

This Season - May 1st - Today (~40 Minutes) /

(You can go back further than this, and do the whole year. If so, I would recommend doing it in sections - Spring/Summer/Fall)

Take out or pull up your calendar and take out your journal(s) that you've been using over the last five months. Maybe your email or messages could help. Walk through it a week at a time, beginning with May 1st and ending with this week. Walk through each week and remember, slowly.

For each week write one high, one low, and what God taught you through these – a unique gift, display of His kindness, exposed sin, ect. (try to keep it to a sentence or two here).

Note: It is ABSOLUTELY okay if some of these are similar or you see an overlap. The key here is to slowly recount and reflect on the semester.

Week Of:

May 3rd

High

Low

God Taught Me

May 10th

High

Low

God Taught Me

May 17th High	Low	God Taught Me
May 24th High	Low	God Taught Me
May 31st High	Low	God Taught Me
June 7th High	Low	God Taught Me
June 14th High	Low	God Taught Me
June 21st High	Low	God Taught Me
June 28th High	Low	God Taught Me
July 5th High	Low	God Taught Me
July 12th High	Low	God Taught Me
July 19th High	Low	God Taught Me
July 26th High	Low	God Taught Me
August 2nd High	Low	God Taught Me
August 9th High	Low	God Taught Me

August 16th

High

Low

God Taught Me

August 23rd

High

Low

God Taught Me

August 30th

High

Low

God Taught Me

September 6th

High

Low

God Taught Me

September 13th

High

Low

God Taught Me

September 20th

High

Low

God Taught Me

September 27th

High

Low

God Taught Me

October 4th

High

Low

God Taught Me

October 11th

High

Low

God Taught Me

October 18th

High

Low

God Taught Me

October 25th

High

Low

God Taught Me

November 1st

High

Low

God Taught Me

November 8th

High

Low

God Taught Me

November 15th High	Low	God Taught Me
November 22nd High	Low	God Taught Me
November 29th High	Low	God Taught Me
December 6th High	Low	God Taught Me
December 13th High	Low	God Taught Me

Looking above at the reflection section, write down all of the sentences/phrases from the “what God taught you section” of the processing below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.
- 31.
- 32.

What are some consistencies? If you were to take these phrases, what seems to be the overarching lesson or lessons that God has been teaching you? Truths He’s establishing? Lies you believe that he is exposing? Write these below.

Movement 2 – Processing

Personal Processing (~20 Minutes)

If you were an iPhone, what was your average battery life in January, February, March, and April?
In the space below, unpack some of why your percentage was there.

May- %

June- %

July - %

August- %

September- %

October- %

November- %

December- %

How did you rhythmically preach the Gospel to yourself this semester?

When Gospel Amnesia struck, which part of the Gospel did you most commonly forget this last season?

What's an idol that's faded in this last season or a sin struggle you're finding victory in?
How did you become more aware of your sin in the last season? (Be specific)

How did you grow in your affection for Christ in the last season? Where did you wane in your affections?

What are two relationships that have grown from the last season that you're surprised by? Why?
What are two relationships from the last season that have suffered? Why?

Take each of these four topics and write how they make you feel: Relational isolation and Relational stubbornness; Suffering and COVID-19; Racial Injustice and pursuing Reconciliation; Politics. (Don't worry about the right thing - just be honest. How do you feel?)

Our feelings and emotions are places where Jesus can meet with us. What we feel isn't always right, but it is always honest. How could Jesus meet you in what you're honestly feeling about each of these things? Take time to think, write, and pray.

Movement 3 – Meditation

Scripture (~30 Minutes)

Read Psalm 63.

Read it again.

Read it a third time (slow down).

Read it a fourth time.

Below, write out Psalm 63. (Give yourself 2 or 3 inch margins on either side.)

Read what you wrote.

Mark up your copied version of Psalm 63. Underline, circle, take notes, annotate etc. Write and reflect and muse as God speaks to you personally through the Psalm.

What key ideas and themes does it seem like God is lifting off the page into your soul?

Spend some time in prayer, with your insights on the text and the text itself guiding you.

Song (20 Minutes)

What's been the song that has most frequently filled your mind that's stirred your affections for Christ this semester? The one you'd catch yourself humming or thinking often?

On the next page, write out the lyrics of this song (look them up) and muse on them. Circle and underline and annotate (similar to Psalm 138) what stood out/what connected/why/ect.

Song:

How have these words stirred your affections for Jesus?

What truths have been most sweet? Why? How will you hold on to them in the next season?

Movement 4 – Look Ahead

You've read His Word.

You've prayed.

You've reflected.

You've processed.

You've meditated.

You've prayed some more.

You've looked **back** - now take a moment to look **ahead** through two practices: Resolve and Personal Health.

Resolve (~15 Minutes)

In light of your semester, with a clear mind, and a stirred heart, how has God been revealing Himself to you? What has he taught you about Himself? Yourself? Other people and relationships? The Nations? Gospel Reconciliation? Creation? The Gospel? The Word? His Spirit? Suffering? Prayer? Missions? Write it out.

Review everything you've written in this doc so far, from section one to here, taking notes along the way. What has been cemented in your soul by this past season? Write out sentences based on what you've realized and recognized in this time that need to be your resolutions coming into the summer. Begin each sentence with "I resolve..." Aim to have at least three thoughtful resolutions for what you want to CARRY IN to 20201 and three for what you need to LEAVE BEHIND.

CARRY IN

LEAVE BEHIND

After you've written your resolutions for the next season, write them again on their own sheet of paper (Journal, ect). Keep them close – on your desk, on your mirror, etc. – somewhere you can read them each day and remember them through the next season.