



Hi ladies,

Happy New Year! It is a new year, and as such it is a great time to really set an intent on going deeper. As you dream and make New Year's resolutions set upon what could be in this new year, ask yourself: What might going a little deeper look like for you? Is this the year to go deeper relationally with someone? Is this the year to go deeper into your relationship with God? Is this the year to draw deeper into your faith and let it draw you to living out your faith more deeply in your life?

So much of life can be lived reactively—let's together choose this year to live proactively. To pursue depth, and to see how it will draw you then into new depths with God and others.

Throughout this spiritual discipline packet, pray through what going out "into the deep" looks like for you and how setting an intent upon it would look when applied to your life. What is God inviting you into this year? What is it finally time to pursue and go deeper towards?

**Spiritual Disciplines Flow:**

- 1.) Journaling prayer exercise
- 2.) Meditation/Bible intake exercise
- 3.) Silence and solitude exercise
- 4.) Close in prayer with God



### Journaling Prayer Exercise

- 1.) Find a quiet spot with paper and pen.
- 2.) Open this time with personal prayer (journal out):
  - Spend some time reflecting on the year past. Journal out your praises and lay before God your laments.
  - Seek to see if there are any unfinished places you would like to invite God more deeply within in the new year.
- 3.) Then move into praying for your new year. Lay out your hopes and dreams before the Lord, as well as any fears or worries you have in anticipation of the new year.
- 4.) Finally, with all that you desired laid at His feet, take time to seek His desires for you in this new year. Seek God and where He wants to move in your life this year. Where does He want to draw you into the deep this year? Pray He will bring to light what things in your life need your fresh attention and how they can be enhanced by going deeper with the Lord.





### Meditation Exercise

- 1.) Begin by utilizing a centering your mind exercise. Select from one of these two exercises:
  - a. Palms Down and Palms Up
    - i. Palms down - Release the thoughts, strongholds, fears, etc. with palms down unto the Lord
    - ii. Palms up – Receive God’s rest, sovereignty, and provision upon those things
  - b. Inhale and Exhale
    - i. Operates in the same way as above. Exhale is equivalent to palms down and inhale is the equivalent to palms up.
  
- 2.) Now that your mind and heart are cleared after journaling and the mediation exercise above, let’s meditate on all (or pick one) of the Scriptures below and allow it to fill that space and take new root. Accept the Word of Scripture and ponder it deeply in your heart. Seek God to give you insight, application, and understanding in light of the current posture of your heart, life, and relationships.

*Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out! "Who has known the mind of the Lord? Or who has been his counselor? Who has ever given to God, that God should repay him?" For from him and through him and to him are all things. To him be the glory forever! Amen. (Romans 11:33-36)*

*Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*  
(Proverbs 3:5-6)

*Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.*  
(Psalm 25:4-5)

*He discovereth deep things out of darkness, and bringeth out to light the shadow of death.* (Job 12:22)

*“When He had finished speaking, He said to Simon, “Put out into the deep water and let down your nets for a catch.”* (Luke 5:4; for a fuller view, read Luke 5:1-11)

3.) Journal out



### Solitude and Silence Exercise

- 1.) Find a quiet spot with paper and pen. Set an alarm for when this exercise is to be over so that you are not distracted by time and can be fully present in these moments.
- 2.) The discipline of silence is the voluntary and temporary abstinence from speaking so that certain spiritual goals might be sought.
- 3.) Sit and be still and present with the Lord. Take in a deep breath and slow your heart and mind down. Imagine yourself sitting with the Lord and resting. Prostrate your heart to listen. As things come to mind, write them down and let them go and exist on your paper to revisit later as you position yourself back into a present and listening place with the Lord. Be open to all directions God might take you, but also be intentional to seek what God has uniquely for you in this coming year around our theme of **"Into the Deep."**