

REFLECT & REFRESH

I will remember the deeds of the LORD; yes, I will remember Your wonders of old. I will ponder all Your work, and meditate on Your mighty deeds.

Psalm 77:11-12

Let's put this Psalm into practice

REFLECT – LOOK BACK ON GOD'S FAITHFULNESS:

- Read and write out Lamentations 3:22-24.
- Pray and/or journal about how you've seen God's faithfulness and how He has been your portion, especially throughout 2020.

REFRESH – LOOK FORWARD WITH HOPE:

- Read Psalm 33:18-22.
- Write out Psalm 33:20-22.
- Pray and/or journal about the hope you have looking forward to whatever lies ahead because of God's faithfulness in the past.