

TRANSITIONS

JOURNALING QUESTIONS WEEK 2



The Lord is my portion, therefore I will wait for him. Lamentations 3:24

I will not leave you circling in deeply rutted paths. Instead, I will lead you along fresh trails of adventure, revealing to you things you did not know." Psalm 32:8

The in-between time is a tremendous opportunity to reflect. It is a time to invite the Holy Spirit to help you understand the past through God's perspective and envision how to co-create the future with him.

Invite the Holy Spirit in and then take time to journal the questions below

Prayer:

Come, Holy Spirit. Help me to pause and slow down. Come into my life and give me wisdom and understanding about the past season of my life that is coming to an end. Help me to see where you were present and be grateful for the good things in that season. Help me to see the future you want to co-create with me. Come, Holy spirit.

Reflection Questions for Journaling

1. What were the biggest wins and successes of the past season of life? For what are you grateful?
2. What challenges did you overcome?
3. What is one thing you would have done differently? Or what piece of advice would you give to a close friend or family member who is entering the season that is now ending?
4. Think ahead to the future. What desires do you have for it? What do you hope for?
5. What is one lesson from the past you hope to apply to the future?

Going Deeper

If you ending a season of life that has been very emotional or just been a part of your life for a long time, consider one of these ideas to process the past and prepare for the future.

Write out your story – write the story of your career, your college days, a relationship. Take a morning or afternoon or even a whole day to write out your story. Write it out chronologically or thematically.

Some questions to get you started:

- Write out what you remember about the first day of that season of life – taking your child home from the hospital, your first day or week at work and what you experienced
- Write out the three challenges you faced in the previous season
- Write out a funny story or anecdote you like to tell and why it symbolizes that season
- Write out the last year or period and when it became clear to you the season would be ending

Tell someone your story – take a trusted friend out for a meal. Buy them dinner in exchange for sharing your story.

Create a video – find old videos or get old photos and make a video of your experience using basic computer software. For parents of graduates – make a video of your child's high school or college career. For retirees collect the videos from your work life.