



Peak Encounter Monthly Reflection

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# All Weather Journaling

Allowing God to come close.



by [Heather Makowicz](#) on September 04

When I reflect on my life, it is amazing to see how intricately woven moments with God in my past continue to transform me into the person I am today. The Lord journeys with us through our experiences of joy, disappointment, times of bondage, and in areas we have received freedom. Though we don't always know the answers to life's questions, we can never forget that He remains by our side, and continues to invite us into an ever deeper relationship with Him.

How have you seen God's movements in your daily life? The more concrete we are with our own experiences, naming them as they really are, the more we can talk with God about the

things that really matter! When I come to Him JUST AS I AM, WHEREVER I AM, I find that He is a God who is REAL, RELATIONAL, and RELEVANT to all things.

Years ago, when I desired to grow more intentionally with the Lord, my Spiritual Director invited me to try something that I found very helpful. If you are unsure where to start, I would like to encourage you to give this a try...

*Consider taking some quiet time with the Lord. Reflect on different stages of your life, naming significant events. Start with early childhood, then move into middle childhood, adolescence, young adulthood, etc. How did you experience these events? Did they lead you closer or further away from God. Were there blessings? Were there times of trial or challenge? How might you have been a gift to another person?*

When we take some time to reflect on our past history, a sort of spiritual inventory with God, it helps to "ground" us. An awareness of where we have been, where we are currently, and when we know where are heading, we no longer "drift" through life without direction. I invite you to consider engaging more deeply, more intentionally with God.

Dear Lord,

*May we become increasingly aware of your presence with us, each and every day. Bless this time of reflection, this time of getting to know how you have already been faithful and where you continue to invite us into further growth. May we receive your grace to see what you see and to trust in your promise that "all things work for the good of those who love him, who have been called according to his purpose" (Romans 8:28). May your life be richer, fuller, and more blessed as you walk ever deeper with Him!*

We ask all of these things in Jesus' name,

Amen.



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