



Rejoice,

Release,

Reframe,

Remember,

and Rest

## THE FIVE RS OF REFLECTION AND CLINGING CLOSER TO GOD

### REJOICE

- Write about what you are grateful or thankful for.
- Consider using this space as a gratitude or joy list.

### RELEASE

- Which negative thoughts keep you awake at night and cause you to become stuck in the gloomy depths of pessimistic thinking?
- Do you feel shame over a past sin or decision that hangs over you like a cloud?
- What do you need to let go of that you cannot change?
- What hurts are you hanging on to?
- Write a prayer leaving all these things in the capable hands of God.

### REFRAME

- What thoughts do you have about yourself, others, and God that need to change?
- Are there challenges or circumstances you need to see differently?
- What thoughts can you ask God to help you change?
- How do you talk about and see yourself? Think about how God sees you. What would He say to you?

### REMEMBER

- What do you want to remember about God's name, characteristic, or action?
- What is something new you learned from today's session?
- What is one takeaway that you would like to remember?
- Spend time throughout the day remembering you are God's child.

### REST

- What promise can you rest in today?
- What are some ways you can rest in the peace of God's presence?

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**CPH.ORG/REST**