

DAILY REFLECTIONS

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REMEMBER, RECOGNISE, PREPARE

*Remembering what God has said, recognising what He is doing, and
preparing for where He is taking us*

A seven-day devotional journey through Psalm 77:11-12

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Daily Reflections

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WELCOME

There are moments in life when the best way to understand where we are going is to remember where we have already been. Scripture repeatedly calls God's people to remember - not so that they become trapped in the past, but so that yesterday's faithfulness becomes fuel for today's faith and tomorrow's obedience.

Psalm 77:11-12 gives this week its foundation: the psalmist deliberately remembers the deeds of the Lord and meditates on what God has done. This seven-day journey invites you to do the same - to remember the words and moments that shaped you, recognise what God may be doing now, and prepare your heart for the next season.

Each day contains Scripture, a reflection, a key thought, a question, one practical action and a prayer. Use the notes space to record memories, Scriptures, names, lessons and next steps. By the end of the week, you will have created a simple spiritual map of God's faithfulness in your own journey.

HOW TO USE THIS BOOKLET

REMEMBER Look back for evidence of God's faithfulness, not merely the events themselves.

RECOGNISE Ask what God may be highlighting in your life right now.

REFLECT Allow Scripture to interpret your experiences rather than the other way around.

RESPOND Write one honest answer to the day's question.

PREPARE Take one practical step that carries yesterday's lesson into tomorrow's obedience.

“Remembering is not living in the past. It is gathering evidence of God’s faithfulness for the road ahead.”

SEVEN DAYS

DAY 1 Remember the Deeds of the Lord - Psalm 77:11-12

DAY 2 The Word That Changed You - Colossians 3:16

DAY 3 Recognise What God Is Doing Now - Isaiah 43:19

DAY 4 The People God Used Along the Way - Philippians 1:3-5

DAY 5 What the Difficult Seasons Taught You - Romans 5:3-4

DAY 6 Preparing for the Next Season - Philippians 3:13-14

DAY 7 Carry the Story Forward - Psalm 145:4

DAY 1

REMEMBER THE DEEDS OF THE LORD

PSALM 77:11-12

“I will remember the deeds of the Lord ... I will consider all your works.”

Memory can work in two directions. It can repeatedly carry us back to disappointment, or it can remind us of God's faithfulness. Psalm 77 is not written from an easy place. The writer is troubled, questioning and searching. Yet in the middle of that struggle he makes a deliberate choice: he will remember what God has done.

That choice matters. When the present feels uncertain, we can begin to believe that God has stopped working simply because we cannot yet see the outcome. Remembering interrupts that conclusion. It brings previous answers to prayer, unexpected provision, timely Scripture, people God sent, doors He opened and strength He gave back into view.

This is not pretending that every past season was easy. Biblical remembrance is honest. Israel remembered rescue from Egypt, but they also remembered wilderness. David remembered victories, but also caves and opposition. The point was not that the road had always been comfortable. The point was that God had remained faithful through it.

Your own journey contains markers too. Some will be dramatic; others may look ordinary. A conversation that arrived at the right time. A verse that stayed with you. A decision that later made sense. A season you thought you would never get through, yet here you are. These are not trophies for nostalgia. They are evidence that can strengthen today's trust.

Before you ask where God is taking you next, spend some time remembering where He has already met you. The past cannot become your dwelling place, but it can become a testimony. And testimony says: the God who was faithful then is still God today.

Remembering God's faithfulness turns yesterday's testimony into today's courage.

REFLECT

Which three moments from the past year most clearly remind you of God's faithfulness?

TODAY'S ACTION

Write down three 'faith markers' from the past year. Beside each one, write what it taught you about God.

PRAYER

Father, help me remember Your faithfulness accurately and gratefully. When uncertainty makes me forget what You have already done, bring Your works back to mind. Use yesterday's testimony to strengthen today's trust and prepare me for what lies ahead. Amen.

MY NOTES

DAY 2

THE WORD THAT CHANGED YOU

COLOSSIANS 3:16

“Let the word of Christ dwell in you richly.”

There is a difference between reading Scripture and allowing Scripture to read us. We may have known a verse for years, yet one day it seems to move from the page into the heart. The words become personal. They challenge an assumption, expose a fear, give language to a prayer or open a new direction.

Colossians 3:16 speaks about the word of Christ dwelling richly within us. The picture is deeper than a brief visit. God's Word is invited to make its home in our thinking, conversations, worship and relationships. It begins to influence the way we interpret our lives.

Over the last year, perhaps one Scripture stayed with you. Maybe it arrived during difficulty. Perhaps it became a promise you carried, a correction you needed, or an encouragement that kept returning. Do not rush past that. Repeated Scripture can become one of the ways God forms us over time.

The important question is not simply, 'What verse did I like?' It is, 'What truth changed the way I thought or lived?' A verse truly dwelling in us produces movement. It may lead us to forgive, trust, wait, speak, surrender, begin again or stop depending on an old way of thinking.

Today, remember the Word that changed you. Write it down. Read the wider passage again. Ask what has already changed because of it and what may still need to change. Then carry that Scripture into the next season, not as a slogan but as a seed that can continue producing fruit.

A Scripture becomes transformative when it moves from something we have read to something that is shaping how we live.

REFLECT

What Scripture has God used most powerfully in your life this year, and what did it change in you?

TODAY'S ACTION

Write your key Scripture on a card or note. Read the whole passage around it and keep the verse somewhere visible for the next seven days.

PRAYER

Lord, let Your Word dwell richly within me. Thank You for the Scriptures that have corrected, encouraged and strengthened me. Keep Your truth alive in my thinking, and continue the work You began through the Word that changed me. Amen.

MY NOTES

DAY 3

RECOGNISE WHAT GOD IS DOING NOW

ISAIAH 43:19

“See, I am doing a new thing ... do you not perceive it?”

Remembering is valuable, but there is a danger: we can become so focused on what God did that we miss what He is doing. Isaiah 43 speaks to people whose history contained extraordinary acts of God, yet they were being invited to recognise a new work emerging in front of them.

Sometimes God's present activity does not initially look as dramatic as the stories we remember. It may begin as a new relationship, a growing burden, a fresh idea, an unexpected opportunity, a renewed desire to pray, or a gentle dissatisfaction with something that used to fit. New things often begin as small signals before they become clear direction.

Recognition requires attention. If we are constantly comparing today with yesterday, we may dismiss something simply because it does not resemble the previous season. God is consistent in character, but He is not limited to repeating the same methods.

This is where discernment and patience belong together. Not every new opportunity is automatically God's direction. We test it against Scripture, wisdom, character and fruit. But neither should we reject something simply because it is unfamiliar. The question becomes: what is beginning to grow that deserves prayerful attention?

Look at your life now. Where is there fresh energy? What conversation keeps returning? What new need has become visible? What old door seems to be closing? What new capacity, relationship or responsibility is appearing? You may not yet have a complete answer. Recognition often begins with noticing.

Do not let gratitude for what God did yesterday stop you from noticing what He may be doing today.

REFLECT

What is different in your life now compared with twelve months ago, and where might God be inviting your attention?

TODAY'S ACTION

Make two columns: 'What is ending?' and 'What is emerging?' Write honestly, then pray over both lists without forcing an immediate conclusion.

PRAYER

Lord, thank You for what You have done, but keep me attentive to what You are doing now. Give me eyes to notice, wisdom to test and humility to respond. Help me recognise Your work even when it arrives in an unfamiliar form. Amen.

MY NOTES

DAY 4

THE PEOPLE GOD USED ALONG THE WAY

PHILIPPIANS 1:3-5

“I thank my God every time I remember you.”

When we look back on a year, it is easy to focus on events: the doors that opened, the plans that changed, the difficulties we survived. But woven through those events are people. God often works through relationships long before we recognise how significant they are.

Paul's letters are full of names. He remembers co-workers, hosts, encouragers, teachers, churches and friends who shared the journey. Philippians begins with gratitude for people who participated with him in the gospel. His story of God's work was never only about Paul; it was also about the community God placed around him.

Think about the last year. Who encouraged you when you were tired? Who challenged your thinking? Who prayed with you? Who opened a door, gave practical help, shared a Scripture, listened without rushing you, or simply stayed present? Some people may have been part of your life for years; others may have appeared briefly but importantly.

There is another side to this reflection. Not every relationship was easy. Some people taught us through encouragement; others taught us through difficulty. Even painful interactions can reveal boundaries we need, attitudes we must change or patterns we should not carry forward. We can learn without pretending that every experience was good.

Gratitude also moves outward. If someone has been part of God's kindness to you, tell them. A message of thanks may become encouragement for their next season too. Remembering people reminds us that spiritual growth is rarely a solo journey.

God's faithfulness is often carried to us through ordinary people who arrive at the right time.

REFLECT

Who are three people God used significantly in your life this year, and what did each one bring?

TODAY'S ACTION

Contact at least one person today and thank them specifically for the way they helped, encouraged or challenged you.

PRAYER

Father, thank You for the people You have placed along my journey. Help me recognise the gifts, encouragement and lessons that came through them. Give me grace to express gratitude and wisdom to carry healthy relationships into the next season. Amen.

MY NOTES

DAY 5

WHAT THE DIFFICULT SEASONS TAUGHT YOU

ROMANS 5:3-4

“Suffering produces perseverance; perseverance, character; and character, hope.”

Some parts of a year are easy to celebrate. Other parts we would never choose to repeat. Yet if we only remember the victories, we may miss some of the deepest formation. Scripture does not call suffering good in itself, but it repeatedly shows that God can work within difficult seasons to produce endurance, maturity and hope.

Romans 5 describes a process: trouble can produce perseverance, perseverance can shape character, and character can deepen hope. That does not happen automatically. Difficulty can also make us bitter, fearful or closed. The difference is often found in what we do with the experience and whether we allow God to meet us within it.

A difficult season exposes what easier seasons can hide. We discover where our confidence really sits. We discover our limits. We learn whether we can receive help. We discover which relationships are dependable and which habits no longer sustain us. We may also discover strength we did not know God had developed in us.

The important question is not, 'Why did everything happen?' We may not receive a complete explanation. A more useful question can be, 'What has this season formed in me?' Perhaps you are more patient. Perhaps you pray differently. Perhaps your compassion for others has increased. Maybe your priorities have changed, or you have learned to stop pretending you can control everything.

Do not glorify pain, but do not waste it either. Bring the difficult parts honestly before God. Name what was lost. Name what was learned. Name what still needs healing. Then recognise the evidence of grace: you are not standing in exactly the same place as when the season began.

The lesson becomes preparation when we carry the wisdom forward. Perseverance developed yesterday may become strength needed tomorrow. Compassion born in your own struggle may become ministry to somebody

else. Even the places you would never have chosen can become part of the story God redeems.

God does not ask us to call pain good; He invites us to discover the grace and formation that can emerge through it.

REFLECT

What has one difficult season taught you about God, yourself or the way you want to live differently?

TODAY'S ACTION

Draw three headings: 'What hurt', 'What I learned', and 'What I will carry forward'. Write at least one honest sentence under each.

PRAYER

Lord, I bring You the difficult parts of this year without pretending they were easy. Thank You for meeting me within them. Show me what You have formed, what still needs healing and what wisdom I should carry forward. Turn perseverance into character and character into hope. Amen.

MY NOTES

DAY 6

PREPARING FOR THE NEXT SEASON

PHILIPPIANS 3:13-14

“Forgetting what is behind and straining toward what is ahead, I press on.”

Reflection is not complete if it only looks backwards. Paul could speak honestly about his past, but he refused to let either achievement or failure become the place where he stopped. His attention was directed towards what lay ahead.

Preparing for a new season does not mean predicting every detail. We often want God to give us a complete map, but preparation is usually more practical. What kind of person do I need to become? What habits need strengthening? What commitments need finishing? What needs releasing? What skill, relationship or spiritual discipline may be important for what comes next?

Sometimes we carry yesterday too heavily. Past success can become pressure to repeat exactly the same thing. Past disappointment can become fear that the same thing will happen again. Paul gives us another posture: learn from what is behind, but keep moving towards Christ's call.

Preparation also includes creating capacity. If we ask God for new responsibility but leave no space in our lives, we may be unprepared when opportunity arrives. Preparing may mean simplifying, organising, resting, studying, praying, saving, training or having a conversation we have postponed.

You do not need to know the whole future to prepare faithfully. Ask instead: what is the next piece of readiness? Perhaps the most spiritual thing you can do today is very practical. Put something in order. Finish something unfinished. Create a margin. Learn something new. Say yes to a small step.

The future is not something we control; it is something we enter with God. Preparation is therefore not anxiety about tomorrow. It is stewardship of today.

Preparation for tomorrow often begins with faithful stewardship of what God has placed in your hands today.

REFLECT

What one area of your life needs to be strengthened, simplified or put in order for the season ahead?

TODAY'S ACTION

Choose one preparation step that can be completed within the next seven days and put it in your diary.

PRAYER

Father, prepare me for what lies ahead. Free me from being trapped by either past success or past disappointment. Show me the practical steps of readiness You are asking of me now, and help me steward today faithfully while trusting You with tomorrow. Amen.

MY NOTES

DAY 7

CARRY THE STORY FORWARD

PSALM 145:4

“One generation commends your works to another; they tell of your mighty acts.”

We finish this seven-day journey by looking beyond ourselves. Remembering God's faithfulness is not only for our own encouragement. Scripture repeatedly turns testimony into something that is shared. One generation tells another what God has done.

Your story may never appear dramatic to you because you lived every ordinary day of it. But someone else may need the lesson you learned. The Scripture that carried you may strengthen another person. The mistake you recovered from may help someone avoid despair. The way God provided, corrected, restored or redirected you can become evidence of hope for somebody else.

This is one reason writing down our reflections matters. Memory fades and details disappear. A journal, testimony, Daily Reflection, conversation, sermon, podcast or booklet can become a container that carries truth beyond the moment in which it was first learned.

Over this week you have looked back at God's deeds, remembered a Scripture that changed you, considered what God may be doing now, thanked people who shared the journey, learned from difficulty and prepared for the season ahead. Now gather those strands together. What is the story they are telling?

Perhaps one word keeps appearing: faithfulness, courage, surrender, restoration, patience, creativity, calling, community, truth. That word may become a signpost into your next season. It does not need to become a slogan. Let it become a reminder of what God has been forming.

Then share something. Tell one person what God has taught you. Write a short reflection. Encourage someone beginning a journey you have already travelled. Testimony is not self-promotion; it is pointing beyond ourselves to the faithfulness of God.

We remember so that we can recognise. We recognise so that we can prepare. And we prepare so that when the next step appears, we are ready to follow.

A testimony reaches its fullest purpose when the faithfulness we remember becomes encouragement for someone else's journey.

REFLECT

What is the one message from this past year that you most want to carry into the next season and share with others?

TODAY'S ACTION

Write a 100-word testimony beginning, 'This year God has taught me...' Share it with one person, or keep it as the opening page of your next season.

PRAYER

Lord, thank You for the story of Your faithfulness in my life. Help me remember well, recognise what You are doing and prepare faithfully for what lies ahead. Give me courage to share what You have taught me so that another person may be strengthened. Lead me into the next season with gratitude, wisdom and hope. Amen.

MY NOTES

LOOKING BACK - LOOKING FORWARD

Use this final page to gather the seven days into one simple spiritual map.

REMEMBER

The clearest evidence of God's faithfulness this year was...

WORD

The Scripture I want to carry forward is...

RECOGNISE

What I believe is emerging now is...

PEOPLE

The people I am especially grateful for are...

LEARN

The difficult season taught me...

PREPARE

My next practical preparation step is...

SHARE

The testimony I want to pass on is...

Remember. Recognise. Prepare. Then carry the story of God's faithfulness forward.

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Helping us pause, reflect on Scripture and carry God's truth into everyday life.



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