

A How-To Spiritual Prep Guide for 2023



**DOWNLOAD
Weekly Guide**



THE GATHERING



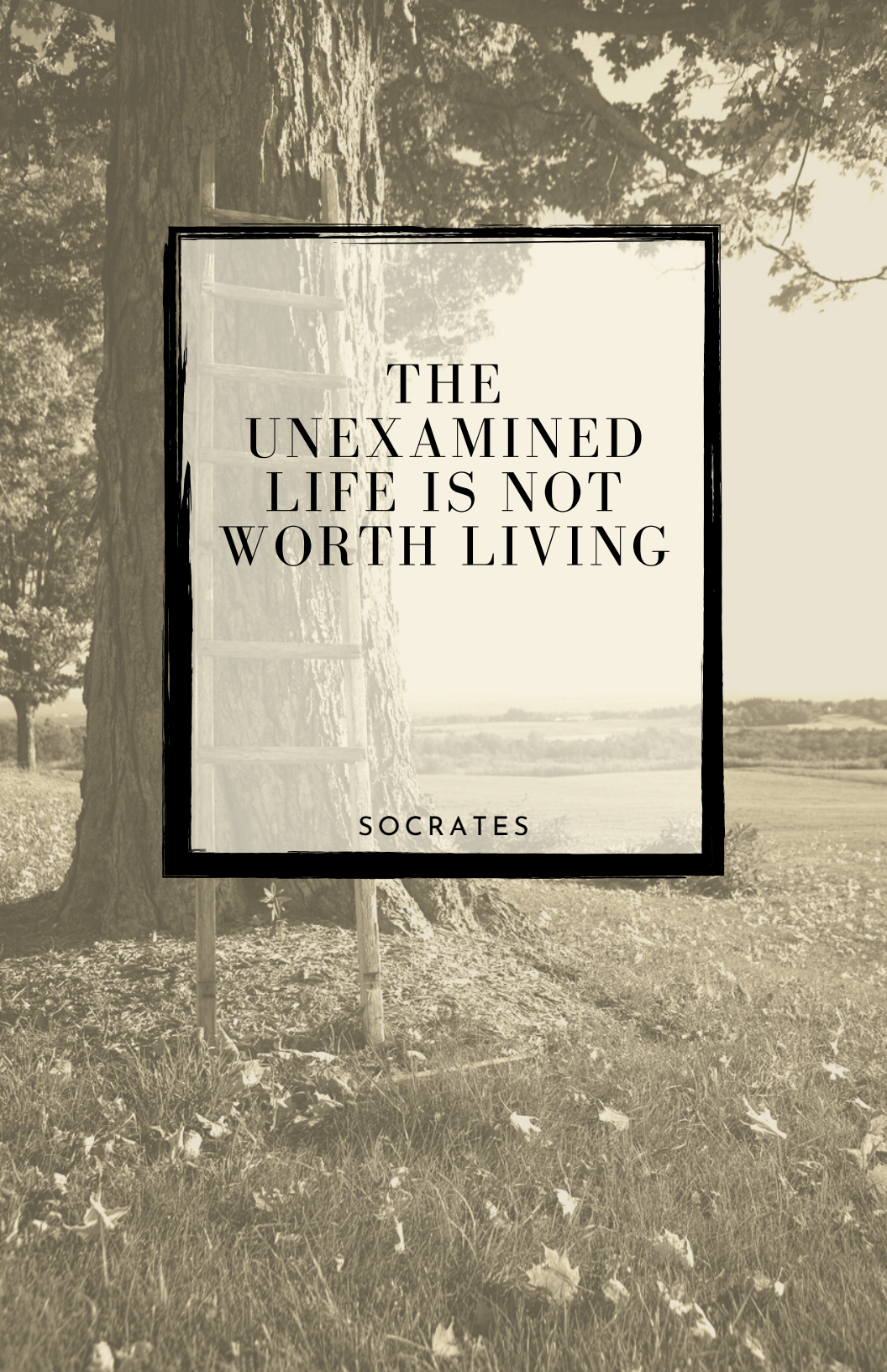
"The unexamined life is not worth living."

Socrates said the above words when he was faced with the decision to choose exile from philosophy and his religious practices or death. He was saying, "I would rather die than live a life of not being able to examine who I am and to fulfill my call in this world." He chose to drink the hemlock and died. In one sense he lives out the teaching of Jesus of he who would find his life must lose it, and he who wants to live must die."

If we do not examine our lives, we run the risk of looping into our failures, squandering our breath, existing in boredom--a hypnotic daze of absurdity. Jesus in rabbinic language said, "take my yoke upon you and learn of me." A yoke was a rabbinic metaphor for learning how to interpret life by linking up with a rabbi.

Examining your life involves taking inventory of your past, discernment of your present season, and planning out your near future all through the filter of God. This week we will examine our life through the words of Scripture as we prepare for 2023.





THE
UNEXAMINED
LIFE IS NOT
WORTH LIVING

SOCRATES

Monday

2022 INVENTORY



Ephesians 5:18-20

Follow the link above to the verse and read it in its context, paying close attention to the phrase "being filled with the Spirit . . . always giving thanks to God." Then return here.

This section of Paul's writing addresses the issue of making the most of your time, the most of your relationships, and the most of your life. Paul then shifts the conversation to the kind of environment that makes the most of life, which he says is one full of the Spirit and erupts in praise and gratitude.

A. When did you feel closest to God in 2022?

B. What spiritual song connected with you in 2022?

C. What are you most grateful for in 2022?



THE
THANKFUL
RECEIVER
BEARS A
PLENTIFUL
HARVEST

WILLAM BLAKE

Tuesday

2022 INVENTORY




Ephesians 5:14-17

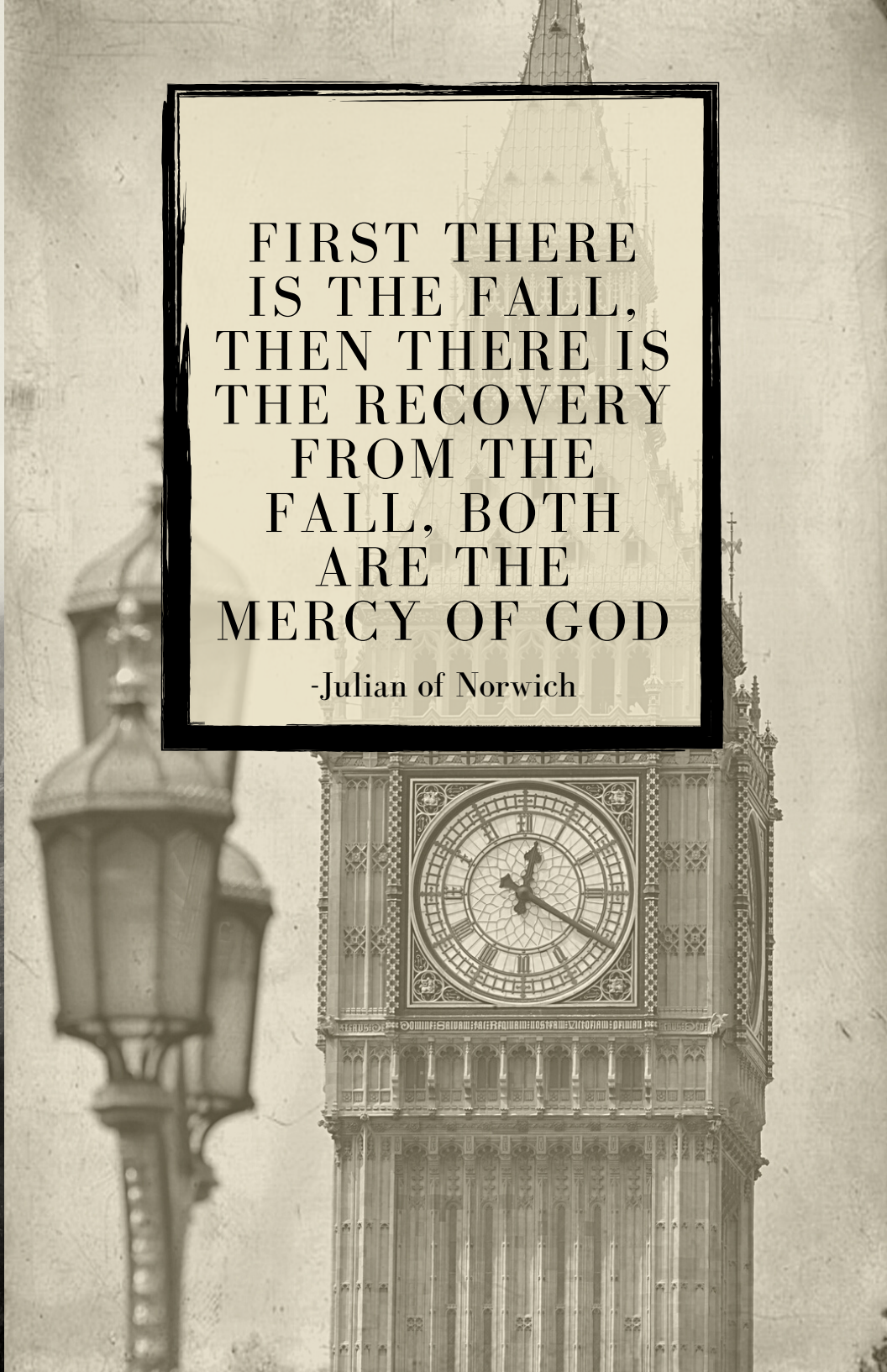
Follow the link above to the verse and read it in its context, paying close attention to the phrase "redeeming the time for the days are evil." Then return here.

Pray about this verse. What do you sense it's speaking to you?

What does it mean to "redeem the time"? It means to make the most of the past, present and future by valuing it. We value the past when we learn from our mistakes, we value the present when we are mindful and fully present and we value the future by making plans, setting strategies and goals (more on that later).

"We do not learn from our successes but from our failures. They are unassuming teachers from God in our transformation."

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- A. Write out one regret from 2022?
 - B. What did you learn from that regret?
 - C. What practices are in place so you won't repeat that mistake in 2023?



FIRST THERE
IS THE FALL,
THEN THERE IS
THE RECOVERY
FROM THE
FALL, BOTH
ARE THE
MERCY OF GOD

-Julian of Norwich

Wednesday

2022 INVENTORY




Matthew 11:28-30

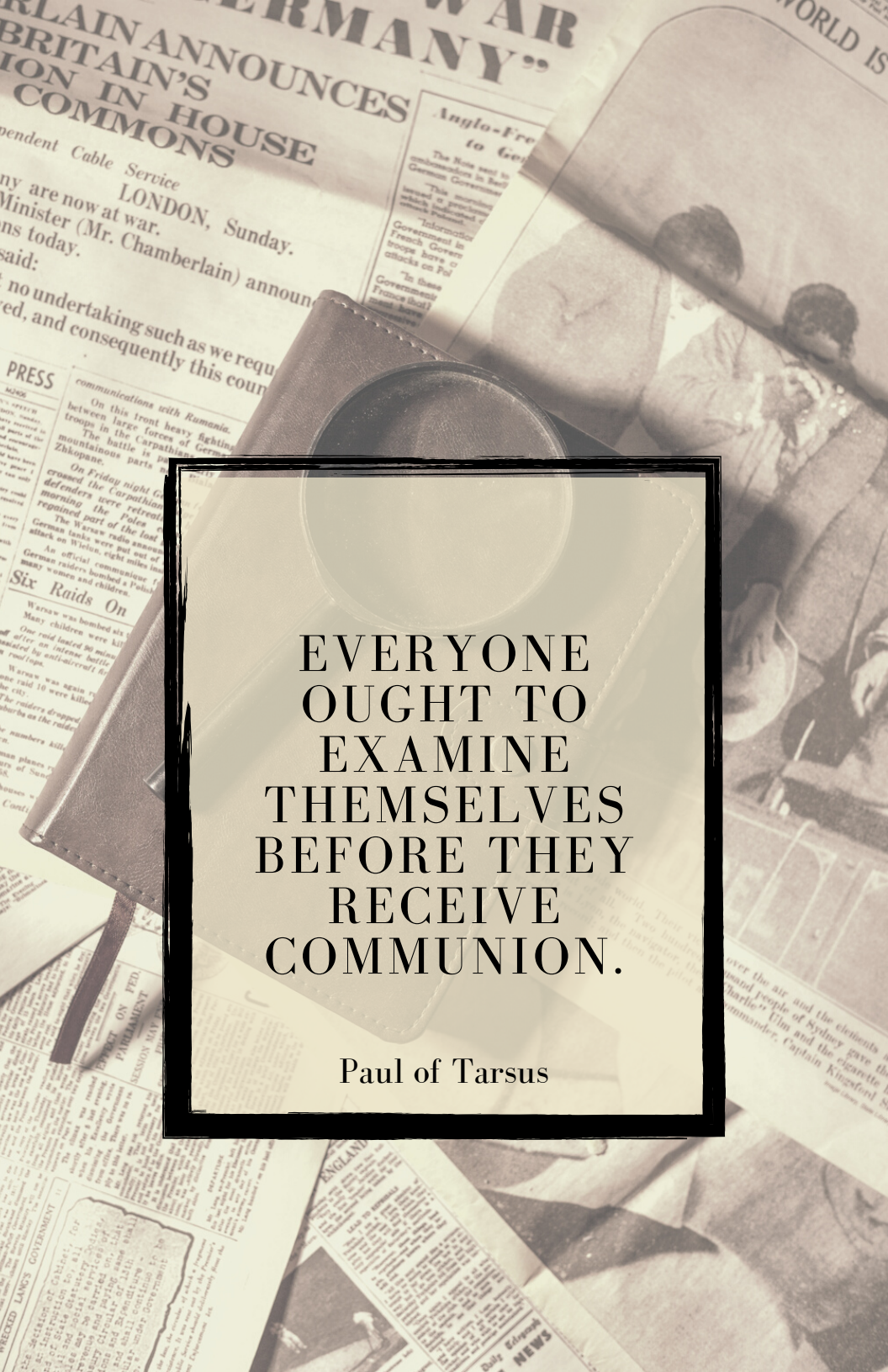
Follow the link above to the verse and read it in its context, paying close attention to the phrase "learn of me." Then return here.

Pray about this verse asking God to show you what he was teaching you in 2022.

God is constantly at work in our life talking, teaching, showing up, and transforming. The early followers of Jesus recognized this and talked about 'remembering' Jesus in communion, remembering the Word, remembering the Gospel. Remembering involves recollecting the past where God has shown up and the lessons God has been teaching to us.

"The difference between a hero and a villain is the hero examines herself and learns from her shadow-self, but villains never examine, they are ignorant of their own darkness."

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- A large, stylized, glowing number '3' with a textured, particle-like appearance, positioned on the left side of the page.
- Write out one lesson God taught you in 2022.
 - How did that lesson transform your character?
 - What is different about your day, time, goals because of that lesson?



GERMAN WAR
BRITAIN'S COMMONS
LONDON, Sunday.

Anglo-Fre to Ge

The Home sent to
embassies in Berlin
German Government

pendent Cable Service
ny are now at war.
Minister (Mr. Chamberlain) announce
ns today.
said:

no undertaking such as we require
ed, and consequently this coun

PRESS

communications with Rumania.
On this front heavy fighting
between larger forces of German
The battle in the Carpathian
mountainous parts of
Zbkovane.

Six Raids On

Warsaw was bombed six
Many children were killed
One raid lasted 90 minutes
caused by anti-aircraft fire

EVERYONE
OUGHT TO
EXAMINE
THEMSELVES
BEFORE THEY
RECEIVE
COMMUNION.

Paul of Tarsus

WRECKED LAW'S GOVERNMENT

ENGLAND

Daily Express NEWS

Thursday

2023 Vision



[Philippians 3:12-16](#)

Follow the link above to the verses and read them paying close attention to the words vision and goal. Then return here.

Pray about these verses asking God to help you identify the one spiritual quest he is calling you to this year. Paul says, "this one thing I do." Do you know your one thing?

For Paul the goal is the vision, it was what he received on the Damascus Road to give witness to Jesus to the gentiles and to kings. At the end of his life he says, "I was not disobedient to the heavenly vision." A goal is a single calling, a single pursuit. As you think about next year identify your one thing you are going to "press toward" (in the words of Paul). Studies have shown that people with one goal accomplish it, 9/10. People with 3-5 goals accomplish it 1/10. Paul accomplished so much for the kingdom because he knew his "one thing". What is your one thing?

What is the 'one thing', the 'higher calling' thing God is challenging you to this year?

If you say, "I'm not sure what it is because I don't know the Voice of God in my life," well there's your one thing, discover the Voice in your life.



WHERE THERE
IS NO VISION
THE PEOPLE
PERISH

PROVERBS 29:18

Friday

2023 PLANNING



[Proverbs 21:5; 16:9; Jeremiah 29:10-14](#)

Follow the link above to the verses and read them paying close attention to the word "plan." Then return here.


Now that you have one goal you will need a plan of attack. The little steps that will get you to the goal. A goal without a plan is a wish. Pray about these verses asking God to help you identify the difference between his plans and your plans.

Notice the movement of these verses, first the Sage (Proverbs) starts us off with how strategic planning puts you ahead whereas thoughtless rushing into the world with no plan puts you behind; then the Sage calls our attention to recognizing that without God our plans are futile. The Prophet (Jeremiah) chimes in and says, God has plans, hopes, and a future for the life of his children. And the way to engage and fulfill those plans is to "seek me with all your heart."



Lay out a plan of attack for your one spiritual goal.

Back to our goal of hearing the voice of God you plan may be to sit in silent prayer, listening to God for 15 minutes a day. Your plan needs to be inputs you can control.



TELL ME WHAT IS
IT YOU PLAN TO
DO WITH YOUR
ONE WILD AND
PRECIOUS LIFE

Mary Oliver

Saturday

2023 PLANNING



[Genesis 2:1-3; Exodus 20:8-9; John 10:10](#)

Follow the link above and read these verses and then return here.

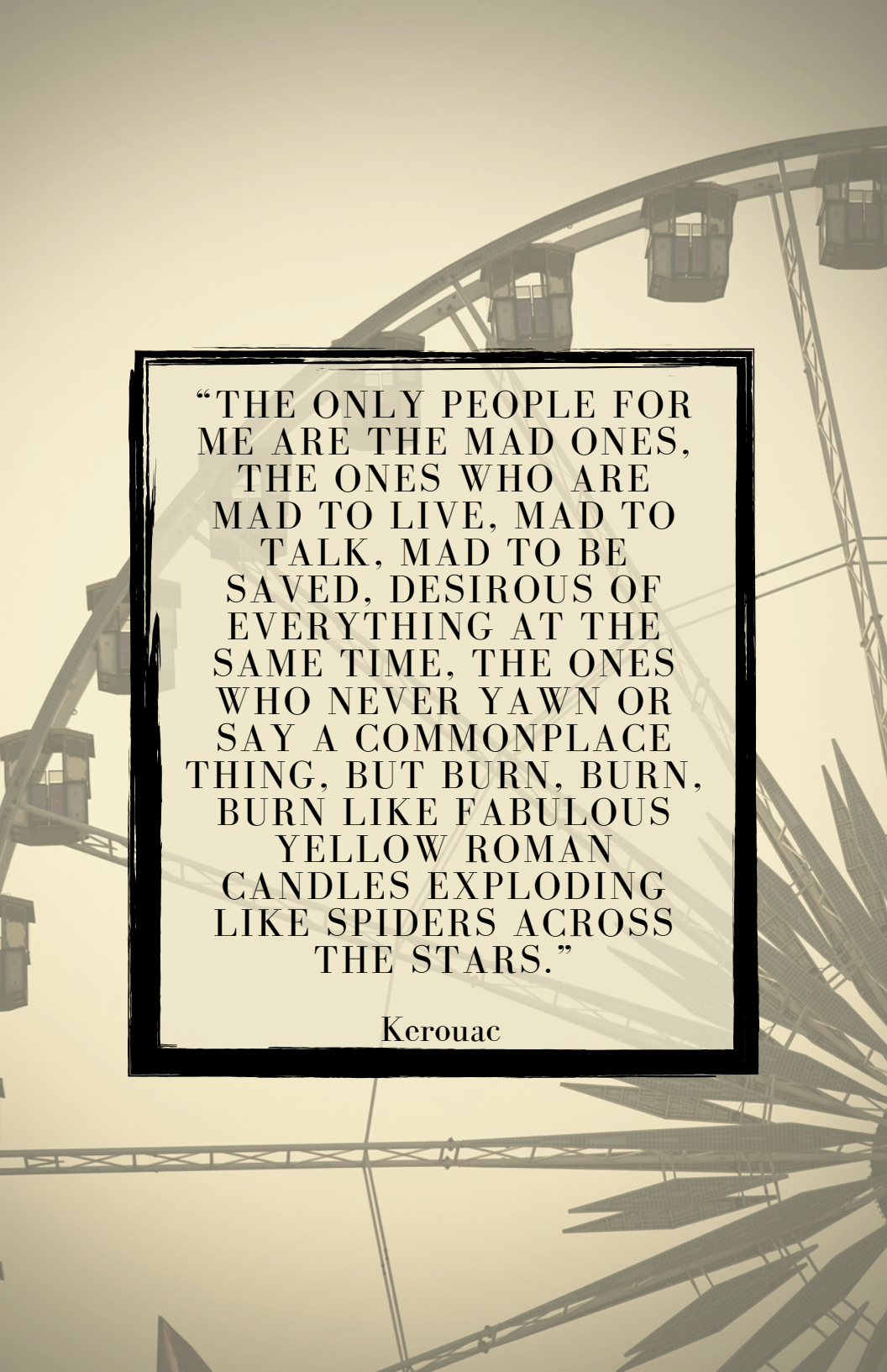
Pray about these verse and respond to the call to Sabbath and to live your life abundantly. Express to God your desire to live in his rest and to live an abundant life.

God created us to begin in rest. Our first day of life was a day of rest. We need to plan our rest or we wont do it, and we need out rest or we will burnout and quit before we reach the goal. Where are you planning your rest days? What is your rhythm?

Jesus came to give us an abundant life. What would it look like to live abundantly this year? What memories or experiences would make for an abundant year?

6 Plan out your rest, your sabbath, your vacations for the year. Include soul rest and spiritual rest in this plan.

Write down a couple memories or experiences you want to make this year as a way of stepping into your gifted abundant life.



“THE ONLY PEOPLE FOR
ME ARE THE MAD ONES,
THE ONES WHO ARE
MAD TO LIVE, MAD TO
TALK, MAD TO BE
SAVED, DESIROUS OF
EVERYTHING AT THE
SAME TIME, THE ONES
WHO NEVER YAWN OR
SAY A COMMONPLACE
THING, BUT BURN, BURN,
BURN LIKE FABULOUS
YELLOW ROMAN
CANDLES EXPLODING
LIKE SPIDERS ACROSS
THE STARS.”

Kerouac