



Pause Reflect Realign

A spiritual MOT

Personal Journal for Lent
a season of repentance and renewal



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Welcome...

Lent

Lent is a season of invitation. This Lent, we are inviting you to go deeper with Jesus in line with our church vision to grow deeper, wider and younger.

Invitation

An invitation to slow down. To Pause.

An invitation to listen.

An invitation to offer ourselves afresh to God.

As a church family at Christ Church Downend, we invite you this Lent to take some intentional time with God and carry out a 'Spiritual MOT' — a prayerful check-in on your journey as a whole-life, life-long follower of Jesus.

Next steps

Whether you feel:

- stuck or weary,
- encouraged and growing,
- or somewhere in between,

this booklet is simply a tool to help you notice where God is at work, and where he may be gently inviting you to take your next steps.

No pressure

There is no rush and no pressure.

Some may want to work through the whole booklet in one longer time of prayer.

Others may find that God only draws their attention to one question or section.

Openness

Be open to the leading of the Holy Spirit, and use this booklet in whatever way best serves you.

Blank space is provided for you to jot down reflections, prayers, or questions.

If it would be helpful, we would love to offer you the chance to reflect and pray this through with someone else afterwards in a 1-2-1 Discipleship Conversation (more details at the end).

What do we mean by Discipleship?

Dallas Willard describes discipleship as, 'learning from Jesus how to live our entire lives as he would live it, if he were us' (The Divine Conspiracy Collins 1998)

Discipleship

Discipleship is not just believing Jesus is Lord, but learning to live as he lived – thinking, acting and loving and he did. So, we shape this Spiritual MOT around our shared understanding of discipleship.

A disciple is someone who, by God's grace, is learning to:

BE WITH Jesus

To know him and walk with him in the whole of life.

BECOME more like Jesus

To be transformed in character and heart.

LIVE like Jesus – to do what Jesus did.

To live as He would in our context, on our everyday frontlines.

These three movements — UP, IN, and OUT — shape the reflections that follow.

Prepare...

Preparing your heart

Before you begin, find somewhere quiet and comfortable, away from distractions.

Take a few slow breaths.

Relax your body.

Become still.

Remind yourself of these truths:

"For you created my inmost being;
you knit me together in my mother's womb."

— Psalm 139:13

"I have loved you with an everlasting love;
I have drawn you with loving kindness."

— Jeremiah 31:3

Invite the Holy Spirit to guide you and help you as you reflect.

Opening Reflections

Take some time with God and consider:

- How do I currently see God?
- What picture or image of him do I carry?
- How do I think or feel God sees me right now?
- Who has God called me to be in this season of my life?
- What is currently blocking or hindering me from walking more closely with God?

Offer your responses honestly to God in prayer.

What do you notice as you do this?

My reflections:

Look back...

Spend a few moments prayerfully looking back over the last year (or longer, if helpful).

a) Thanksgiving

- What am I thankful for?
- Where have I seen growth or change in yourself?
- Where have I noticed God at work?



My reflections:

Look back...

Spend a few moments prayerfully looking back over the last year (or longer, if helpful).

b) Challenges

- What have been the difficult or challenging times?
- How have they affected:
 - my relationship with God?
 - my view of myself?
 - my relationships with others?



My reflections:

Being with Jesus

UP – BEING WITH Jesus

Looking back over the last few months:

- How have my holy habits been? (prayer, Bible reading, worship, silence, Sabbath, etc.)
- How have I been connecting with God personally?
- How have I been connecting with God alongside others (e.g. church, life group)?
- What has helped me to draw closer to God?



My reflections:

Being with Jesus

UP – BEING WITH Jesus

Looking Ahead

What do you sense God gently leading you to do differently in the coming months to deepen your relationship with him?



My reflections:

Becoming like Jesus

IN – BECOMING like Jesus

Be still for a moment. Ask God to speak.

Consider prayerfully:

- a) Where has God been at work in me recently?
- b) Where is he currently wanting to shape or transform me to become more like Jesus?

(Attitudes, habits, reactions, relationships, character.)



My reflections:

Becoming like Jesus

IN – BECOMING like Jesus

Be still for a moment. Ask God to speak.

Consider prayerfully:

c) What is God inviting me to do — or to pray — to play my part in this transformation?



My reflections:

Living like Jesus

OUT – LIVING like Jesus (and doing what Jesus did)

God calls us to live out our faith on our everyday frontlines — where we live, work, learn, rest, and relate.

Reflect on these questions:

- Where and how do I sense God wanting to use me to declare and demonstrate his Kingdom in this season?
- Where is God already at work around me?
- With whom is he inviting me to be more intentional?
- What is he asking me to do or be?
- What support might I need to live this out well?



My reflections:

Take action...

Take a step back and reflect on everything God has been saying to you.

- What specific next steps is God inviting you to take?
- What is he asking you to pray for yourself?
- What support might you need from church or others?

Try to keep these steps simple, realistic, and prayerful.

My next steps:



Next steps...

Next Steps: A 1-2-1 Discipleship Conversation

Discipleship

While it can be deeply valuable to keep your reflections between you and God, many people find it helpful to share some of what has emerged with another trusted Christian.

At Christ Church Downend, we have a small group of trained listeners who can offer a one-off, relaxed, supportive 1-2-1 Discipleship Conversation — usually over a cup of coffee. You only need to share what you feel comfortable sharing. If you would like to arrange this:

- Please sign the list at the back of church
- or email dan.watts@christchurchdownend.com

Closing prayer...

Take a moment to thank God for what he has revealed to you.

Receive his love once again.

Pray:

Lord Jesus,

Thank you that you have invited me to follow you.

Forgive me for the times I stray from the path you set.

Free me from the clutter of my life — from all that hinders me.

Help me to trust you for what lies ahead.

Deepen my love for you and for all whom I meet along the way.

Fill me again with your Holy Spirit,
so that I may be all that you have created me to be,
and walk closely with you in the whole of life.

In Jesus' name. Amen.

