

SEASONAL RHYTHMS



CONNECT DEEPLY WITH THE NATURAL RHYTHMS OF THE YEAR WITH THIS SEASONAL GUIDE. DESIGNED TO HELP YOU ALIGN WITH EACH SEASON'S UNIQUE ENERGY, THIS DOWNLOAD OFFERS SIMPLE, YET PROFOUND WAYS TO CELEBRATE AND HONOR THE TRANSITIONS OF NATURE. WHETHER YOU'RE BASKING IN THE QUIET OF WINTER, SOWING INTENTIONS IN THE SPRING, ENJOYING SUMMER'S VIBRANCY, OR PREPARING FOR THE AUTUMN HARVEST, THIS GUIDE IS FILLED WITH IDEAS TO HELP YOU CULTIVATE MINDFULNESS, COMMUNITY, AND INTENTIONALITY.

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WINTER: A SEASON
OF REST,
REFLECTION, AND
RENEWAL



WINTER INVITES US TO SLOW DOWN, FIND PEACE IN STILLNESS, AND RECONNECT WITH THE WARMTH OF FAMILY, FAITH, AND SIMPLE PLEASURES. AS THE EARTH RESTS BENEATH A BLANKET OF SNOW OR COOL WINDS, THIS IS THE TIME FOR INNER REFLECTION AND REJUVENATION. EMBRACE THE QUIET BEAUTY OF THE SEASON BY GATHERING AROUND A FIRE WITH LOVED ONES, NOURISHING YOUR BODY WITH HEARTY MEALS, AND SAVORING SIMPLE MOMENTS.

SPIRITUAL REFLECTION

WINTER IS A SEASON TO DRAW CLOSER TO GOD
THROUGH QUIET PRAYER, SCRIPTURE READING,
AND MEDITATIVE MOMENTS OF GRATITUDE.
REFLECT ON THE PAST YEAR AND SEEK GUIDANCE
FOR THE NEW ONE, PREPARING YOUR HEART FOR
WHAT'S TO COME.

VERSES:

ISAIAH 40:31 - "BUT THOSE WHO HOPE IN THE LORD WILL
RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE
EAGLES; THEY WILL RUN AND NOT GROW WEARY, THEY WILL
WALK AND NOT BE FAINT."

PSALM 46:10 - "BE STILL, AND KNOW THAT I AM GOD; I WILL
BE EXALTED AMONG THE NATIONS, I WILL BE EXALTED IN THE
EARTH."

MATTHEW 11:28 - "COME TO ME, ALL YOU WHO ARE WEARY
AND BURDENED, AND I WILL GIVE YOU REST."

N O U R I S H I N G F O O D S

ENJOY WARMING DISHES THAT COMFORT AND STRENGTHEN. THINK SOUPS, STEWS, AND HOMEMADE BREAD FRESH FROM THE OVEN. WARM HERBAL TEAS AND HOT COCOA WITH A SPLASH OF MAPLE SYRUP CAN BE A SOOTHING TREAT ON COLD EVENINGS.

HERBS FOR THIS SEASON:

ELDERBERRY - KNOWN FOR ITS IMMUNE-BOOSTING PROPERTIES, ELDERBERRY SUPPORTS HEALTH DURING THE COLD MONTHS AND HELPS PROTECT AGAINST COLDS AND FLU.

ROSEMARY - AN HERB OF RENEWAL, ROSEMARY HELPS IMPROVE CIRCULATION AND FOCUS, IDEAL FOR TIMES OF QUIET REFLECTION OR WHEN NEEDING TO LIFT ENERGY DURING SHORT, DARK DAYS.

GINGER - WARMING AND STIMULATING, GINGER HELPS SUPPORT DIGESTION AND CIRCULATION, MAKING IT PERFECT FOR WINTER'S CHILL.

FAMILY CONNECTION

BUNDLE UP AND ENJOY COZY NIGHTS AROUND THE FIRE, TELLING STORIES, READING TOGETHER, AND BUILDING TRADITIONS THAT BRING YOUR FAMILY CLOSER. WINTER IS THE SEASON TO SAVOR THESE SIMPLE, YET RICH, MOMENTS OF TOGETHERNESS.

CONVERSATION PROMPTS:

WHAT IS ONE THING YOU WANT TO LET GO OF THIS WINTER TO CREATE SPACE FOR REST AND RENEWAL?

HOW DO YOU FIND PEACE DURING THE COLDER, QUIETER MONTHS?

HOW HAS YOUR FAITH OR SPIRITUAL PRACTICE CHANGED DURING THE WINTER SEASON?

WHAT IS ONE WAY YOU CAN PRACTICE GRATITUDE IN THE STILLNESS OF WINTER?

HOW DOES WINTER INSPIRE YOU TO SLOW DOWN AND REFLECT ON THE PAST YEAR?

SEASONAL SELF-CARE

TAKE TIME FOR DEEP REST AND RENEWAL. FOCUS ON ACTIVITIES THAT NOURISH BOTH BODY AND SOUL—WHETHER IT'S A LONG WALK THROUGH THE QUIET WOODS, A HOT BATH WITH CALMING HERBS, OR CURLING UP WITH A GOOD BOOK.

BOOK RECOMMENDATIONS:

"THE GOOD AND BEAUTIFUL GOD" BY JAMES BRYAN SMITH
THIS BOOK HELPS READERS GROW IN THEIR UNDERSTANDING OF GOD'S NATURE THROUGH REFLECTION AND THE QUIET OF WINTER, ALLOWING FOR SPIRITUAL RENEWAL DURING A TIME OF REST.

"HINDS' FEET ON HIGH PLACES" BY HANNAH HURNARD
A BEAUTIFUL ALLEGORY ABOUT A JOURNEY OF FAITH, THIS BOOK INVITES READERS TO REST IN GOD'S LOVE AND PURPOSE, PERFECT FOR QUIET WINTER MONTHS OF REFLECTION AND RENEWAL.

"THE LIFE-GIVING HOME" BY SALLY CLARKSON
FILLED WITH ENCOURAGEMENT FOR CREATING A WARM, INVITING HOME CENTERED ON FAITH, THIS BOOK IS PERFECT FOR WINTER MONTHS SPENT WITH FAMILY, FOCUSING ON HOME AND REST.

EMBRACING THE STILLNESS

USE THE QUIET OF WINTER TO REFLECT AND PRAY, LETTING GO OF THE RUSH OF EVERYDAY LIFE. LET THIS TIME BE ONE OF SPIRITUAL GROWTH, WHERE YOU NURTURE YOUR CONNECTION TO GOD AND PREPARE FOR THE SEASONS AHEAD.

JOURNAL PROMPTS:

WHAT AREAS OF YOUR LIFE FEEL IN NEED OF REST AND RENEWAL THIS WINTER?

HOW CAN YOU CREATE SPACE FOR REST?

AS YOU REFLECT ON THE PAST YEAR, WHAT ARE YOU MOST GRATEFUL FOR, AND HOW CAN YOU CARRY THOSE BLESSINGS INTO THE NEW YEAR?

HOW DOES WINTER'S STILLNESS INVITE YOU TO DRAW CLOSER TO GOD?

SPRING: A SEASON OF NEW BEGINNINGS AND GROWTH



SPRING IS A TIME OF RENEWAL, FRESH STARTS, AND GROWTH. AS THE EARTH AWAKENS WITH VIBRANT COLORS AND NEW LIFE, IT REMINDS US OF THE POSSIBILITIES THAT LIE AHEAD. THIS IS THE SEASON FOR PLANTING SEEDS—WHETHER IN OUR GARDENS OR IN OUR HEARTS. SPRING ENCOURAGES US TO EMBRACE NEW OPPORTUNITIES, NURTURE RELATIONSHIPS, AND PURSUE PERSONAL AND SPIRITUAL GROWTH. IT IS A TIME TO TRUST THAT GOD IS AT WORK IN THE QUIET BEGINNINGS, PREPARING US FOR THE ABUNDANT FRUIT THAT WILL COME AS WE TEND TO WHAT HE HAS PLANTED IN US. SPRING INVITES US TO ALIGN OUR INTENTIONS WITH HIS PURPOSES AND TO EMBRACE THE BEAUTY OF TRANSFORMATION.

SPIRITUAL REFLECTION

SPRING IS A TIME TO RENEW YOUR FAITH AND DEEPEN YOUR CONNECTION WITH GOD. AS THE EARTH IS REBORN, REFLECT ON THE RESURRECTION OF CHRIST, THE HOPE OF NEW BEGINNINGS, AND YOUR PERSONAL SPIRITUAL GROWTH. SET SPIRITUAL INTENTIONS FOR THE SEASON AHEAD AND SEEK RENEWAL IN PRAYER AND MEDITATION.

VERSES:

REVELATION 21:5 - "BEHOLD, I AM MAKING ALL THINGS NEW."

ISAIAH 61:11 - "FOR AS THE SOIL MAKES THE SPROUT COME UP AND A GARDEN CAUSES SEEDS TO GROW, SO THE SOVEREIGN LORD WILL MAKE RIGHTEOUSNESS AND PRAISE SPRING UP BEFORE ALL NATIONS."

ISAIAH 40:8 - "THE GRASS WITHERS AND THE FLOWERS FALL, BUT THE WORD OF OUR GOD ENDURES FOREVER."

N O U R I S H I N G F O O D S

ENJOY FRESH, LIGHT DISHES THAT CELEBRATE THE SEASON'S BOUNTY. THINK LEAFY GREENS, SPROUTS, AND EARLY VEGETABLES FROM THE GARDEN. FRESH HERBS, FRUITS, AND FLOWERS LIKE MINT, STRAWBERRIES, AND LILACS CAN BE USED IN TEAS, SALADS, AND HOMEMADE JAMS TO NOURISH AND REFRESH.

HERBS FOR THIS SEASON:

NETTLE - A NOURISHING HERB THAT SUPPORTS DETOXIFICATION AND VITALITY, PERFECT FOR SPRING CLEANING THE BODY.

DANDELION - KNOWN FOR ITS LIVER-SUPPORTING AND CLEANSING PROPERTIES, DANDELION IS A GREAT HERB TO HELP THE BODY REJUVENATE IN SPRING.

LEMON BALM - THIS UPLIFTING HERB CAN HELP REDUCE STRESS AND ANXIETY WHILE PROMOTING MENTAL CLARITY, IDEAL FOR THE FRESH ENERGY OF SPRING.

FAMILY CONNECTION

CELEBRATE THE BEAUTY OF LIFE'S NEW BEGINNINGS WITH GARDEN AND TEA PARTIES THAT BRING THE FAMILY TOGETHER. TAKE WALKS THROUGH FIELDS, TEND TO YOUR GARDEN, AND CELEBRATE NEW GROWTH WITH JOY AND GRATITUDE. SPRING IS A TIME TO BUILD MEMORIES OF OUTDOOR PLAY, TOGETHERNESS, AND SIMPLE PLEASURES.

CONVERSATION PROMPTS:

WHAT IS ONE NEW HABIT YOU WOULD LIKE TO CULTIVATE THIS SPRING TO SUPPORT YOUR PERSONAL GROWTH?

HOW CAN YOU EMBRACE THE RENEWAL AND FRESH ENERGY OF SPRING IN YOUR SPIRITUAL PRACTICE?

WHAT IS SOMETHING FROM THE PAST THAT YOU WOULD LIKE TO RELEASE TO MAKE SPACE FOR NEW GROWTH THIS SEASON?

HOW DOES THE SEASON OF SPRING INSPIRE HOPE AND NEW BEGINNINGS IN YOUR LIFE?

WHAT IS A SPRINGTIME TRADITION OR ACTIVITY THAT FILLS YOU WITH JOY AND CONNECTION?

SEASONAL SELF-CARE

SPRING INVITES RENEWAL, AND SELF-CARE DURING THIS SEASON IS ABOUT REFRESHING BOTH BODY AND SPIRIT.

EMBRACE THE ENERGY OF THE SEASON BY STAYING ACTIVE, SPENDING TIME OUTDOORS, AND FOCUSING ON DETOXIFYING PRACTICES. LET THE SEASON OF GROWTH ENCOURAGE A FRESH OUTLOOK ON LIFE.

BOOK RECOMMENDATIONS:

"THE MINISTRY OF ORDINARY PLACES" BY SHANNAN MARTIN
THIS BOOK ENCOURAGES READERS TO EMBRACE THE BEAUTY OF EVERYDAY LIFE AND CREATE SPACE FOR RENEWAL IN THEIR RELATIONSHIPS AND COMMUNITIES, PERFECT FOR THE FRESH ENERGY OF SPRING.

"THE HIDING PLACE" BY CORRIE TEN BOOM
A POWERFUL MEMOIR OF FAITH AND RESILIENCE, THIS BOOK SPEAKS TO THE THEMES OF HOPE AND RENEWAL AS CORRIE TEN BOOM'S LIFE IS TRANSFORMED BY GOD'S LOVE IN THE FACE OF ADVERSITY.

EMBRACING THE RENEWAL

SPRING IS ABOUT EMBRACING CHANGE AND NEW BEGINNINGS. LET GO OF WHAT NO LONGER SERVES YOU AND PREPARE FOR NEW OPPORTUNITIES. ALIGN YOUR INTENTIONS WITH NATURE'S CYCLE, AND FEEL THE EXCITEMENT OF GROWTH, RENEWAL, AND POSSIBILITY IN ALL AREAS OF YOUR LIFE.

JOURNAL PROMPTS:

WHAT NEW BEGINNINGS OR GROWTH DO YOU FEEL CALLED TO EMBRACE THIS SPRING?

HOW CAN YOU CREATE SPACE FOR RENEWAL IN YOUR PERSONAL, SPIRITUAL, OR FAMILY LIFE DURING THIS SEASON?

HOW DOES THE ARRIVAL OF SPRING INSPIRE YOU TO START FRESH OR TRY SOMETHING NEW?

WHAT BLESSINGS FROM THE PAST YEAR ARE YOU BRINGING WITH YOU INTO THIS SEASON OF GROWTH AND HOPE?

SUMMER: A SEASON OF ABUNDANCE AND JOY



SUMMER IS A TIME OF ABUNDANCE, JOY, AND CELEBRATION. THE LONG DAYS AND WARM WEATHER INVITE US TO SAVOR THE FULLNESS OF LIFE, TO BE OUTSIDE IN NATURE, AND TO ENJOY THE BLESSINGS THAT COME WITH THIS VIBRANT SEASON. IT'S A TIME TO CONNECT DEEPLY WITH OTHERS, TO CELEBRATE WHAT HAS BEEN HARVESTED, AND TO EXPERIENCE THE FREEDOM THAT COMES WITH LIVING FULLY IN THE MOMENT. SUMMER ENCOURAGES US TO LIVE WITH INTENTION, EMBRACING THE GIFTS OF THE PRESENT WHILE ALSO RESTING IN GOD'S PROVISION. IT'S A SEASON FOR LAUGHTER, GRATITUDE, AND CULTIVATING JOY IN THE ORDINARY MOMENTS.

SPIRITUAL REFLECTION

SUMMER OFFERS TIME FOR REFLECTION AND GRATITUDE FOR THE ABUNDANCE THAT SURROUNDS US. TAKE TIME TO APPRECIATE THE GIFTS OF THE SEASON—WHETHER IT'S THE BEAUTY OF NATURE OR THE LOVE OF FAMILY—AND OFFER PRAYERS OF THANKSGIVING FOR THE BLESSINGS IN YOUR LIFE. LET SUMMER INSPIRE A SPIRIT OF JOY AND GRATITUDE IN YOUR FAITH.

VERSES:

PSALM 24:1 - "THE EARTH IS THE LORD'S, AND EVERYTHING IN IT, THE WORLD, AND ALL WHO LIVE IN IT."

JAMES 1:17 - "EVERY GOOD AND PERFECT GIFT IS FROM ABOVE, COMING DOWN FROM THE FATHER OF THE HEAVENLY LIGHTS, WHO DOES NOT CHANGE LIKE SHIFTING SHADOWS."

GALATIANS 6:9 - "AND LET US NOT GROW WEARY OF DOING GOOD, FOR IN DUE SEASON WE WILL REAP, IF WE DO NOT GIVE UP."

N O U R I S H I N G F O O D S

SUMMER'S HARVEST IS FULL OF VIBRANT, JUICY FRUITS AND VEGETABLES THAT NOURISH THE BODY.

ENJOY FRESH SALADS, FRUIT SMOOTHIES, AND PICNICS FILLED WITH FARM-TO-TABLE DELIGHTS.

TRY USING HERBS LIKE BASIL, ROSEMARY, AND LEMON BALM IN COOLING DRINKS, OR INDULGE IN THE SWEETNESS OF FRESH BERRIES, MELONS, AND PEACHES.

HERBS FOR THIS SEASON:

PEPPERMINT - REFRESHING AND COOLING, PEPPERMINT IS GREAT FOR HOT SUMMER DAYS AND AIDS IN DIGESTION.

LAVENDER - KNOWN FOR ITS CALMING AND SOOTHING PROPERTIES, LAVENDER IS PERFECT FOR RELAXATION DURING THE LONG SUMMER EVENINGS.

CHAMOMILE - CALMING AND GENTLE, CHAMOMILE IS GREAT FOR WINDING DOWN IN THE SUMMER AND SUPPORTING RESTFUL SLEEP.

FAMILY CONNECTION

SUMMER IS THE SEASON TO MAKE MEMORIES WITH THOSE YOU LOVE. SPEND TIME OUTDOORS IN NATURE, WHETHER AT THE BEACH, ON A HIKE, OR IN THE GARDEN. ENJOY EVENING BARBECUES, STAR-GAZING, AND LONG CHATS AROUND THE FIREPIT. SUMMER IS FOR SLOWING DOWN AND SAVORING QUALITY TIME WITH FAMILY.

CONVERSATION PROMPTS:

HOW DO YOU CELEBRATE THE ABUNDANCE AND JOY THAT SUMMER BRINGS INTO YOUR LIFE?

IN WHAT WAYS CAN YOU CONNECT MORE DEEPLY WITH LOVED ONES DURING THE LONG, WARM SUMMER DAYS?

WHAT DOES "REST" LOOK LIKE FOR YOU IN THE SUMMER SEASON?

HOW CAN YOU INCORPORATE MORE GRATITUDE INTO YOUR DAILY SUMMER ROUTINES?

HOW DOES THE ABUNDANCE OF NATURE DURING SUMMER INSPIRE YOU TO REFLECT ON YOUR BLESSINGS?

SEASONAL SELF - CARE

THE WARMTH OF SUMMER INVITES RELAXATION AND REJUVENATION. TAKE TIME TO ENJOY OUTDOOR ACTIVITIES LIKE SWIMMING, HIKING, OR SIMPLY SITTING UNDER THE SUN. STAY HYDRATED, NOURISH YOUR SKIN WITH NATURAL PRODUCTS, AND PRIORITIZE REST IN BETWEEN ALL THE SEASONAL ADVENTURES. LET SUMMER'S ENERGY REJUVENATE YOUR SPIRIT.

BOOK RECOMMENDATIONS:

"THE JOY OF LIVING" BY D. NARDO AND E. BRINEGAR
A CELEBRATION OF LIFE AND LIVING FULLY, THIS BOOK HELPS READERS DISCOVER JOY AND CONTENTMENT THROUGH FAITH, MAKING IT IDEAL FOR THE ABUNDANT AND JOYFUL SUMMER SEASON.

"THE YEAR OF YES" BY SHONDA RHIMES
IN THIS INSPIRING MEMOIR, SHONDA RHIMES CHALLENGES READERS TO EMBRACE LIFE'S OPPORTUNITIES, ENCOURAGING A SEASON OF YES THAT MIRRORS THE JOY AND ABUNDANCE OF SUMMER.

EMBRACING THE ABUNDANCE

SUMMER IS A SEASON OF JOY AND FULLNESS. CELEBRATE THE ABUNDANCE OF THE EARTH, THE LOVE OF YOUR FAMILY, AND THE BEAUTY OF THE PRESENT MOMENT. TAKE TIME TO SAVOR LIFE'S SIMPLE PLEASURES AND EMBRACE THE WARMTH OF THE SEASON, KNOWING THAT THESE MOMENTS WILL NOURISH YOUR SOUL.

JOURNAL PROMPTS:

HOW CAN YOU FOSTER DEEPER CONNECTIONS WITH FAMILY AND FRIENDS DURING THE LONG SUMMER DAYS?

IN WHAT WAYS CAN YOU CELEBRATE THE ABUNDANCE IN YOUR LIFE DURING THE SUMMER MONTHS?

WHAT DOES REST AND RELAXATION LOOK LIKE FOR YOU THIS SUMMER, AND HOW CAN YOU PRIORITIZE IT?

WHAT IS ONE THING YOU CAN DO THIS SUMMER TO NOURISH YOUR SOUL AND REFRESH YOUR SPIRIT?

AUTUMN: A SEASON OF HARVEST AND GRATITUDE



AUTUMN IS A TIME OF GATHERING, REFLECTING, AND EXPRESSING GRATITUDE. AS THE EARTH PREPARES FOR THE QUIET OF WINTER, IT REMINDS US TO PAUSE AND TAKE STOCK OF THE "HARVEST" IN OUR OWN LIVES—

SPIRITUAL, RELATIONAL, AND PERSONAL. IT'S A SEASON FOR CELEBRATING THE FRUIT OF OUR LABOR AND GIVING THANKS FOR THE ABUNDANCE WE'VE RECEIVED. AUTUMN INVITES US TO REFLECT ON WHAT WE'VE LEARNED AND PREPARE FOR THE SEASON AHEAD.

IT'S A TIME FOR GRATITUDE, CONTENTMENT, AND APPRECIATING THE BEAUTY IN BOTH THE HARVEST AND THE SLOWING DOWN THAT AUTUMN BRINGS.

SPIRITUAL REFLECTION

AUTUMN INVITES REFLECTION ON THE PAST YEAR AND PREPARATION FOR WHAT'S TO COME. GIVE THANKS FOR THE HARVEST IN ALL ITS FORMS—WHETHER IN YOUR WORK, RELATIONSHIPS, OR PERSONAL GROWTH. REFLECT ON HOW GOD HAS MOVED IN YOUR LIFE AND SEEK HIS GUIDANCE FOR THE MONTHS AHEAD. AUTUMN IS A SEASON OF PREPARATION AND SPIRITUAL RENEWAL.

VERSES:

ECCLESIASTES 3:1 - "TO EVERYTHING THERE IS A SEASON, AND A TIME FOR EVERY MATTER UNDER HEAVEN."

1 CHRONICLES 16:34 - "GIVE THANKS TO THE LORD, FOR HE IS GOOD; HIS LOVE ENDURES FOREVER."

PSALM 150:6 - "LET EVERYTHING THAT HAS BREATH PRAISE THE LORD."

N O U R I S H I N G F O O D S

AS THE AIR COOLS, ENJOY HEARTY, COMFORTING DISHES THAT WARM THE BODY. SOUPS, ROASTED VEGETABLES, AND STEWS FILLED WITH SEASONAL PRODUCE LIKE SQUASH, APPLES, AND ROOT VEGETABLES NOURISH THE SOUL. ENJOY THE SWEETNESS OF BAKED GOODS LIKE CINNAMON ROLLS, PIES, AND HOMEMADE BREADS THAT FILL THE HOME WITH WARMTH AND COMFORT.

HERBS FOR THIS SEASON:

THYME - KNOWN FOR ITS GROUNDING PROPERTIES, THYME IS PERFECT FOR AUTUMN. IT SUPPORTS RESPIRATORY HEALTH, MAKING IT IDEAL FOR THE COOLER MONTHS, AND ITS EARTHY, HERBAL SCENT INVOKES A SENSE OF COMFORT AND REFLECTION DURING THE SEASON OF PREPARATION.

CINNAMON - WITH ITS WARMING AND COMFORTING PROPERTIES, CINNAMON IS PERFECT FOR AUTUMN, ADDING SPICE TO BOTH FOOD AND DRINK.

SAGE - OFTEN USED FOR CLEANSING AND PURIFICATION, SAGE IS A GREAT HERB TO SUPPORT THE REFLECTIVE ENERGY OF AUTUMN, ESPECIALLY IN SPIRITUAL PRACTICES.

FAMILY CONNECTION

AUTUMN IS A TIME FOR COZY NIGHTS INDOORS,
REFLECTING ON THE YEAR'S BLESSINGS, AND
ENJOYING EACH OTHER'S COMPANY. BAKE
TOGETHER, TAKE WALKS IN THE COOL, CRISP AIR,
AND SHARE FAMILY MEALS THAT CELEBRATE THE
HARVEST. AUTUMN INVITES A SLOWER PACE, WHERE
MEANINGFUL MOMENTS OF CONNECTION BECOME
THE HIGHLIGHT.

CONVERSATION PROMPTS:

AS THE LEAVES CHANGE AND FALL, WHAT IS ONE AREA OF YOUR LIFE
YOU FEEL CALLED TO REFLECT ON?

HOW CAN YOU PREPARE SPIRITUALLY AND EMOTIONALLY FOR THE
SEASONS AHEAD?

WHAT IS ONE THING YOU ARE ESPECIALLY GRATEFUL FOR AS YOU
ENTER THE AUTUMN SEASON?

HOW DOES AUTUMN'S SLOWER PACE ALLOW YOU TO DEEPEN YOUR
CONNECTION WITH GOD OR YOUR FAITH?

WHAT IS A FAVORITE AUTUMN TRADITION THAT HELPS YOU REFLECT ON
THE GOODNESS OF THE YEAR?

SEASONAL SELF - CARE

AS THE DAYS GROW SHORTER, EMBRACE A SLOWER PACE. TAKE TIME TO REST, RESTORE, AND PREPARE FOR THE BUSIER MONTHS AHEAD. FOCUS ON NOURISHING SELF-CARE PRACTICES THAT BRING YOU COMFORT, LIKE ENJOYING A WARM BATH WITH FALL-SCENTED OILS, TAKING WALKS THROUGH AUTUMN LEAVES, OR JOURNALING YOUR THOUGHTS AS THE SEASON UNFOLDS.

BOOK RECOMMENDATIONS:

"ONE THOUSAND GIFTS" BY ANN VOSKAMP

A POWERFUL BOOK ON GRATITUDE, ANN VOSKAMP'S REFLECTIONS HELP READERS FIND JOY IN THE SMALL MOMENTS AND DEVELOP A HEART OF THANKFULNESS—PERFECT FOR THE REFLECTIVE AND GRATEFUL AUTUMN MONTHS.

"THE PRACTICE OF THE PRESENCE OF GOD" BY BROTHER LAWRENCE
A SPIRITUAL CLASSIC, THIS BOOK INVITES READERS INTO A DEEPER CONNECTION WITH GOD THROUGH THE SIMPLE, EVERYDAY TASKS OF LIFE. ITS MEDITATIVE NATURE FITS THE REFLECTIVE AND PREPARATORY ENERGY OF AUTUMN.

EMBRACING THE TRANSITION

AUTUMN IS A SEASON OF CHANGE, WHERE WE REFLECT ON THE YEAR'S JOURNEY AND PREPARE FOR THE STILLNESS OF WINTER. LET THIS BE A TIME OF GRATITUDE FOR ALL THAT YOU'VE EXPERIENCED AND LEARNED. EMBRACE THE BEAUTY OF CHANGE AND PREPARE YOUR HEART AND HOME FOR THE QUIET RENEWAL THAT WINTER WILL BRING.

JOURNAL PROMPTS:

WHAT AREAS OF YOUR LIFE DO YOU FEEL CALLED TO REFLECT ON AS THE AUTUMN SEASON BEGINS?

WHAT IS ONE THING YOU ARE DEEPLY GRATEFUL FOR AS YOU ENTER THE AUTUMN SEASON?

HOW CAN YOU HONOR THE SLOWER PACE OF AUTUMN AND CREATE SPACE FOR MEANINGFUL MOMENTS OF REFLECTION?

IN WHAT WAYS CAN YOU PRACTICE GRATITUDE IN YOUR DAILY LIFE THIS FALL, AND HOW CAN IT DEEPEN YOUR CONNECTION WITH GOD?