

*pause //*

**reset**

**WHAT WAS.  
WHAT IS.  
WHAT COULD BE.**

This year we want to give you time in your schedules to *Pause and Reset* as we begin a new year. We all want to live our days in wisdom, making the most of our time. And, although we can have good intentions to grow in areas of our lives, we can easily get caught up in our day to day tasks and the busyness that surrounds us; sometimes leaving God out of our plans altogether. So this year we have put together this guide to help you pause, pray and take inventory of 4 categories in your life (spiritual, relational, personal, and work). We'll ask what was, what is, and what could be as we seek to let Christ shape our schedules, priorities and goals for this year.

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.

Ephesians 5:15-16

**TAKING ON THE YOKE OF CHRIST: MATTHEW 11:28-30**

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Paul preached from this passage on December 31. We were encouraged to look at the yokes we take on intentionally or unintentionally and to put on the yoke of Christ, which is easy and light. This time of year is a good opportunity to look at the yokes you put on that are not the yoke of Christ so that we may enjoy rest in Him. If you want to watch this message, please go to [opcMilford.org/messages](http://opcMilford.org/messages).

# *spiritual*

**THREE QUESTIONS TO CONSIDER AS YOU TAKE  
INVENTORY, PROCESS, AND LOOK AHEAD.**

- 1. What was? What was this like before this year?**
- 2. What is? What is your current reality?**
- 3. What could be? What growth or change could come?**

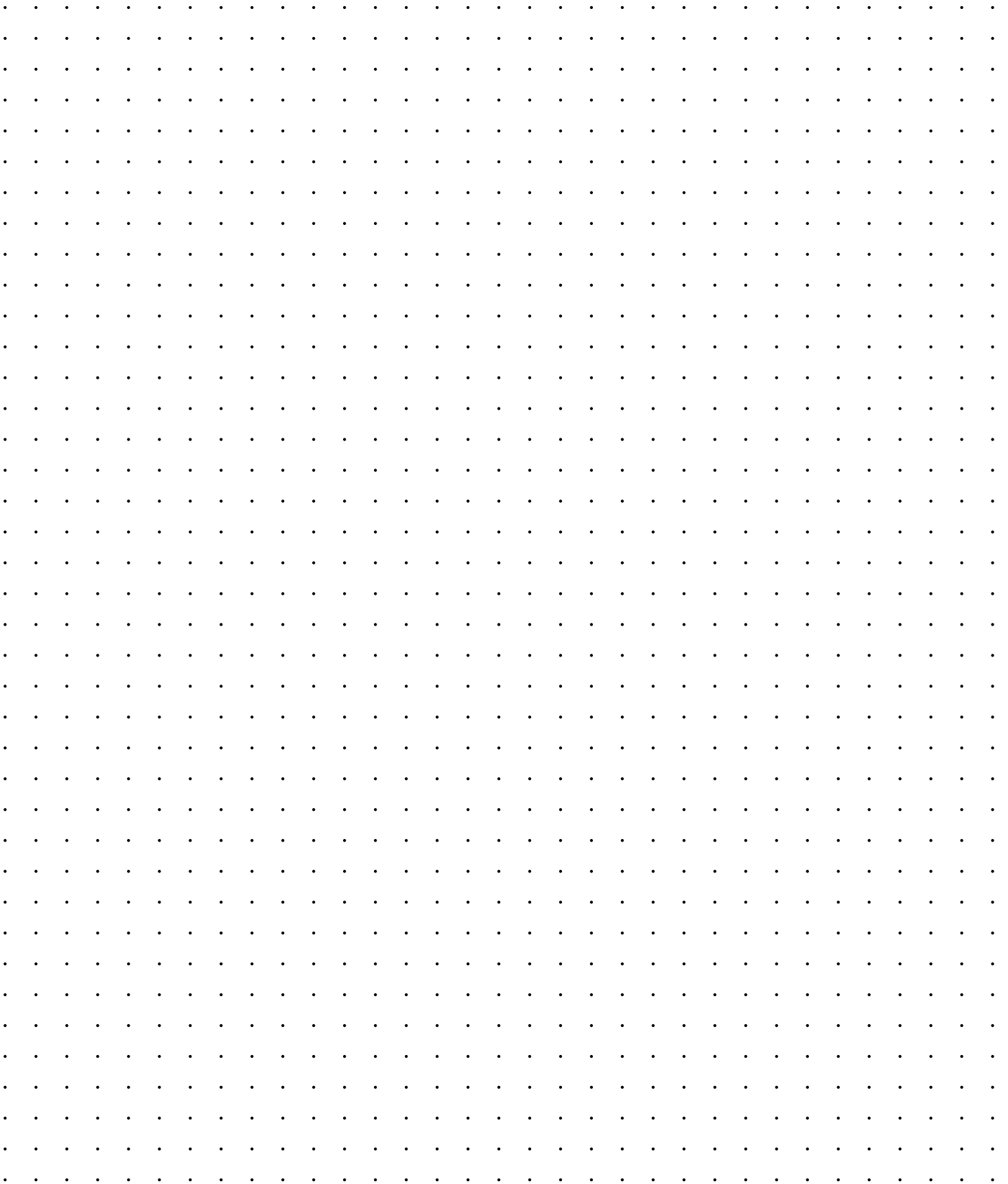
**ALONE TIME // CONNECT WITH GOD**

**CHURCH // SERVE // TITHE**

**OUTREACH // MINISTRY**

**DISCIPLESHIP // MENTORSHIP**

# *notes*



# *relational*

**THREE QUESTIONS TO CONSIDER AS YOU TAKE  
INVENTORY, PROCESS, AND LOOK AHEAD.**

- 1. What was? What was this like before this year?**
- 2. What is? What is your current reality?**
- 3. What could be? What growth or change could come?**

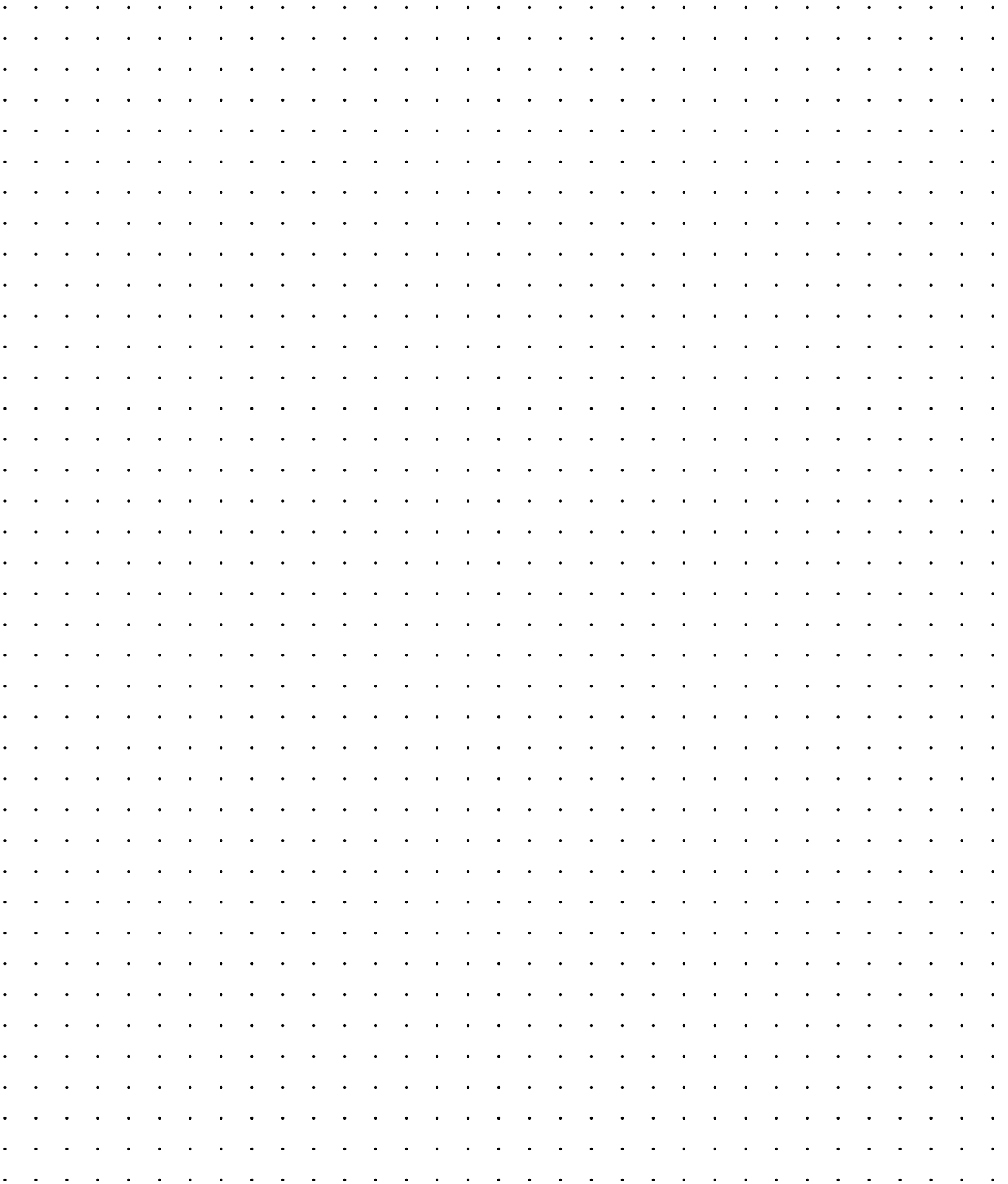
**FRIENDSHIPS//FRIENDS I NEED//FRIENDS WHO NEED ME**

**MARRIAGE (IF APPLICABLE)**

**KIDS (IF APPLICABLE)**

**EXTENDED FAMILY//NEIGHBORS//COWORKERS**

# *notes*



# *personal*

**THREE QUESTIONS TO CONSIDER AS YOU TAKE  
INVENTORY, PROCESS, AND LOOK AHEAD.**

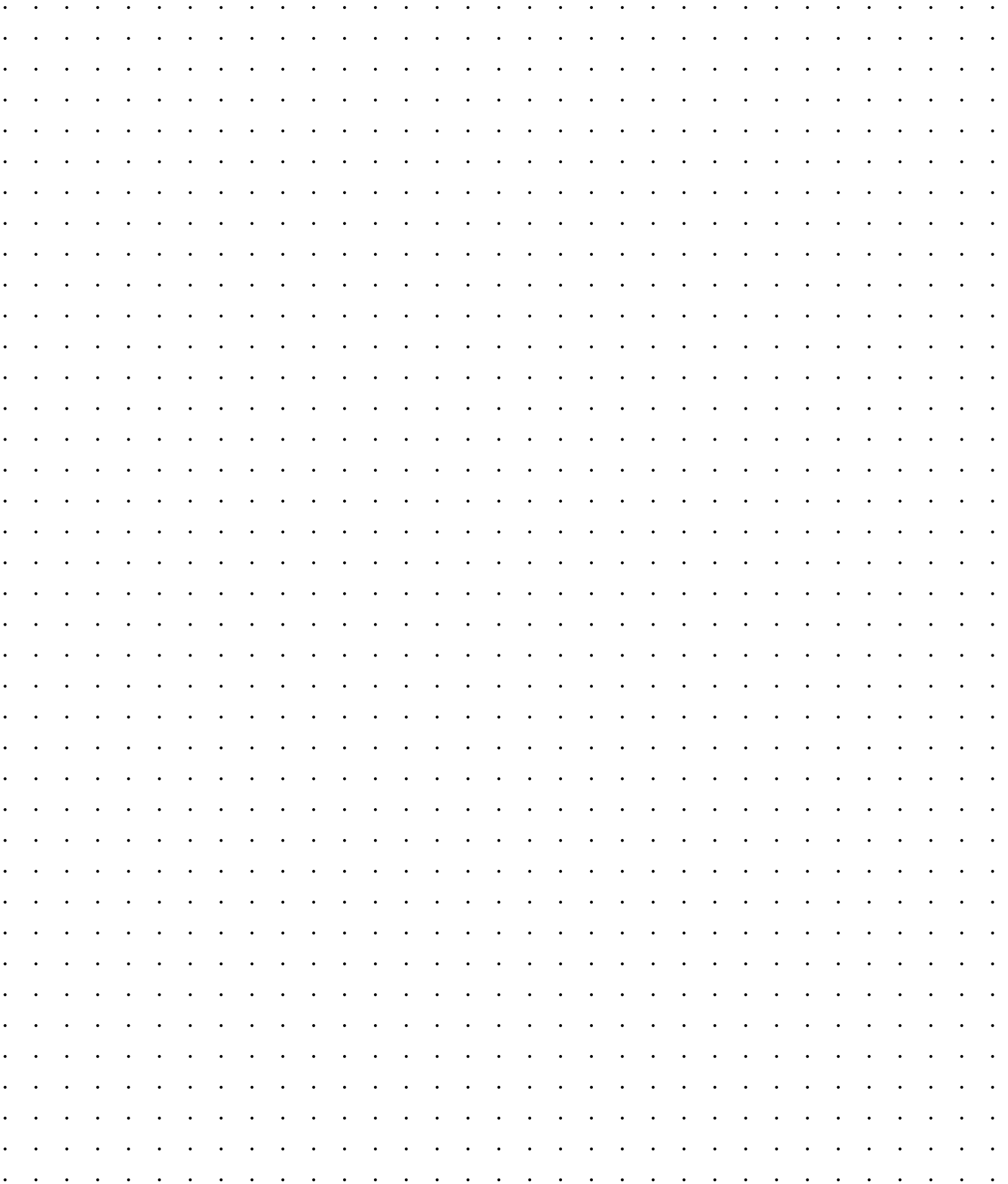
- 1. What was? What was this like before this year?**
- 2. What is? What is your current reality?**
- 3. What could be? What growth or change could come?**

**FOOD//EXERCISE//HEALTH**

**BOOKS TO READ**

**DREAMS//MEMORIES TO MAKE**

# *notes*





# *work*

**THREE QUESTIONS TO CONSIDER AS YOU TAKE  
INVENTORY, PROCESS, AND LOOK AHEAD.**

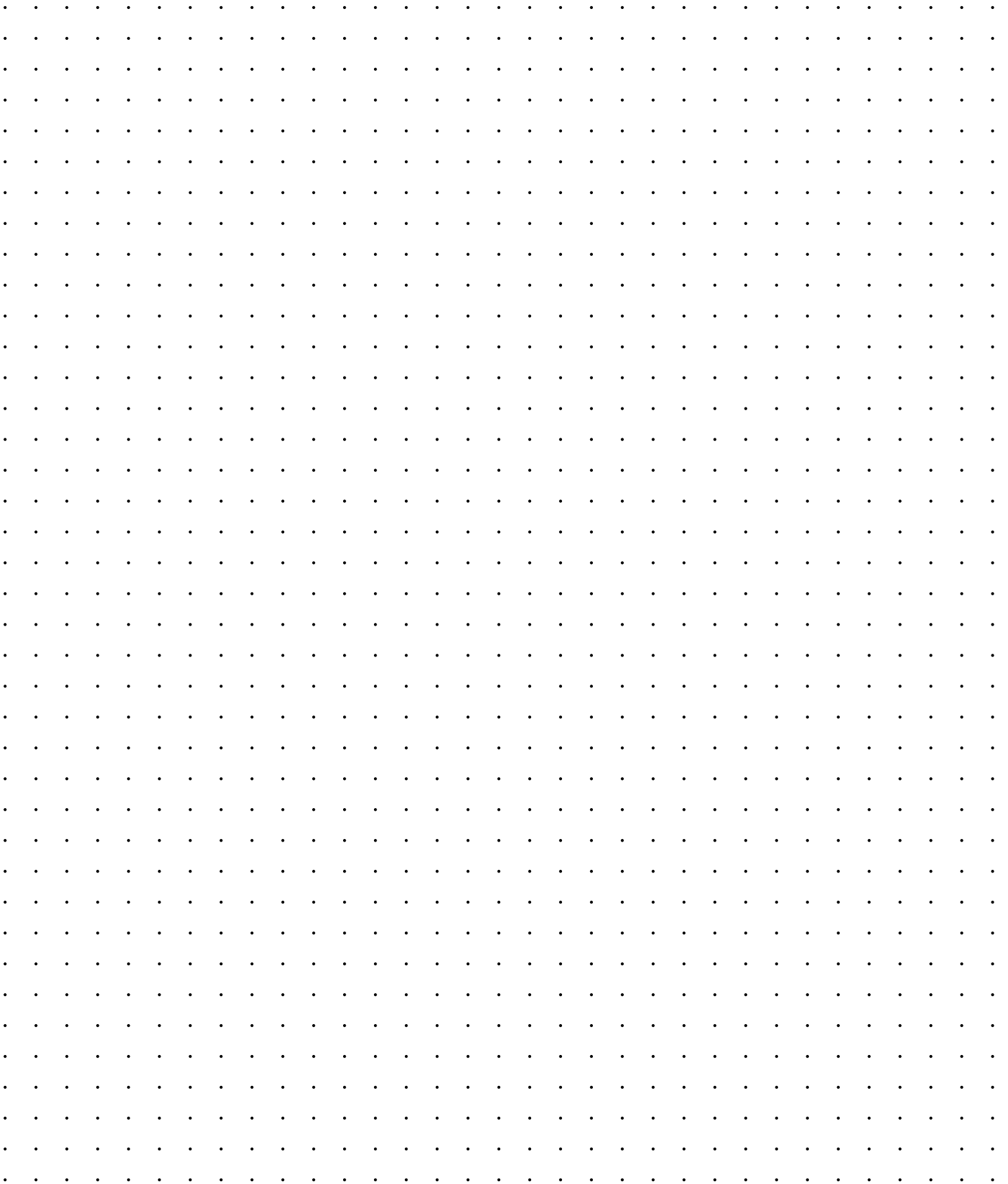
- 1. What was? What was this like before this year?**
- 2. What is? What is your current reality?**
- 3. What could be? What growth or change could come?**

**FINANCES**

**PERSONAL GROWTH//EDUCATION**

**PROJECTS**

# *notes*



# *notes*

