



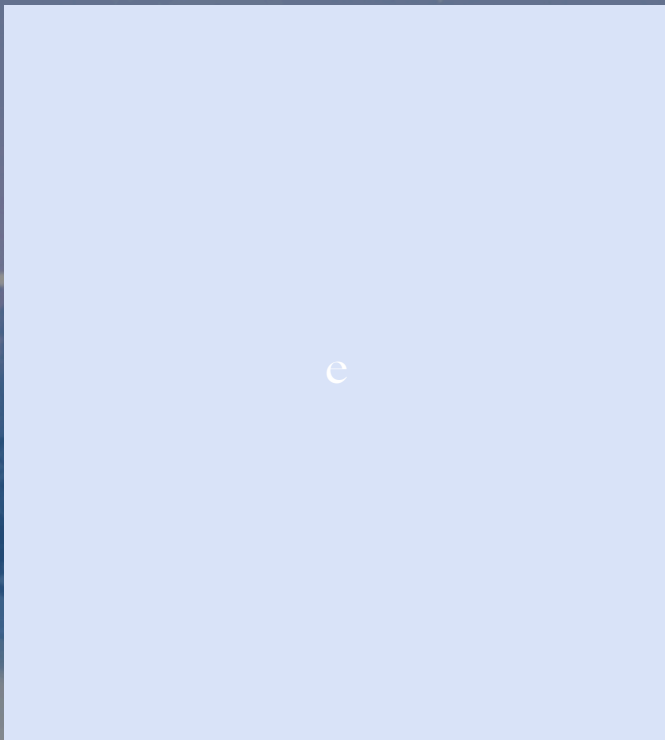
*Welcoming*  
**WINTER**

Finding a season of rest

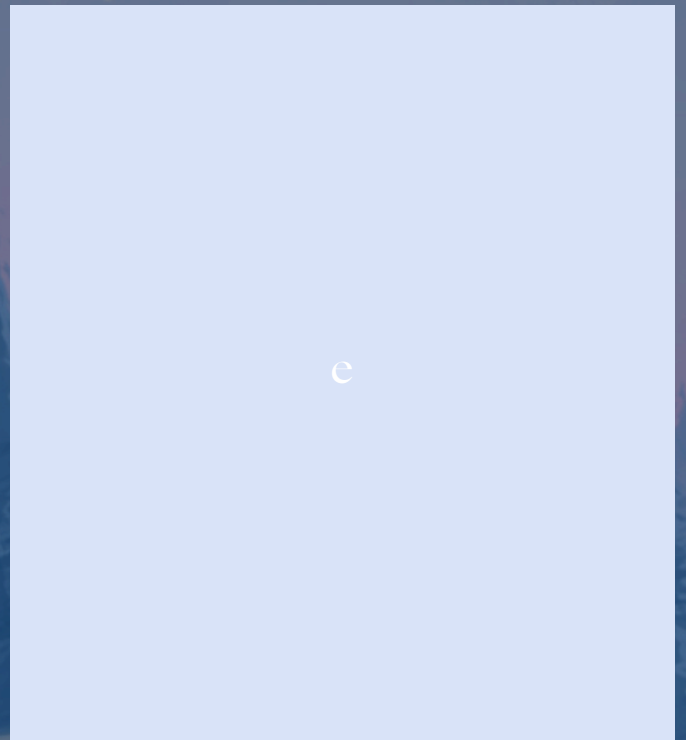
Week 1

# Watching for God in Winter

Where I am  
seeing God

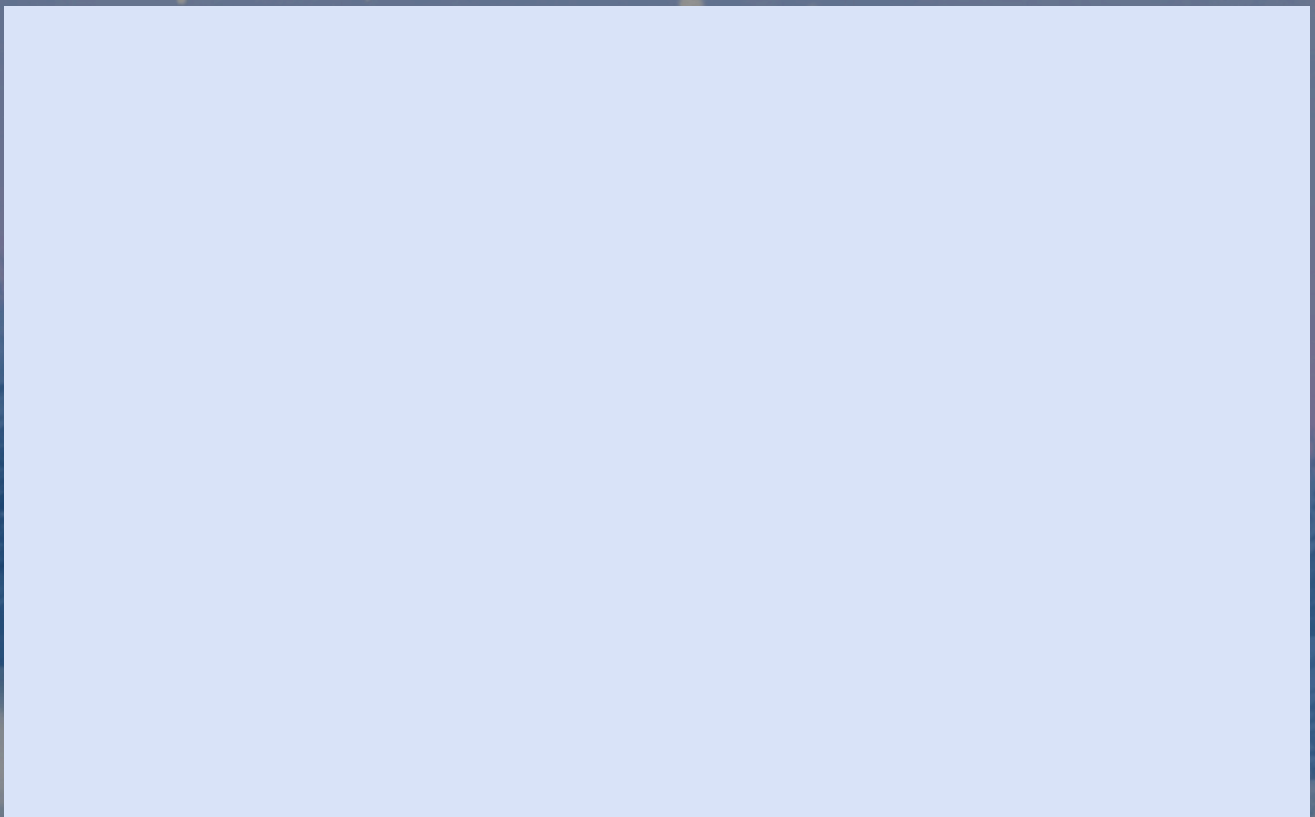


Where I wonder if  
God is working



# Watching for God in Winter

What am I noticing that I haven't before?  
What are the manifestations or epiphanies in my life?



# Preparing for Rest

in Wintering, Katherine May talks about the need for being fallow, or unproductive, to allow for rejuvenation.

What areas of my life feel exhausted and need to lie fallow this winter?

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# Preparing for Rest

Rest can feel like a privilege. However, the cyclical nature of life can allow for us to build in periods of being fallow.

Sketch out one cycle of your life: a day, a week, a month or other increment of time. Where in that cycle can you “build” in a rest or fallow period? It could be a commitment to take a lunch break every day or take a full day of sabbath. What do you need to make this happen?