

Renewing Your Life With Christ (RYL)

Series 3 Session 5 – Walking As A “Person Of The Way”

These simple exercises are designed to help strengthen the inner foundation discussed in Session 5. They are meant to be realistic, practical, and integrated into ordinary daily life.

Exercise 1 - The Next Faithful Step

Purpose - To practice focusing on the next step rather than the entire path.

Steps:

1. Identify one area of your life that feels unresolved, uncertain, or unfinished.
2. Ask yourself:
 - What is one small, faithful step I can take this week?
 - What is within my control today?
3. Write that step down.
4. Take that step within the next seven days.
5. At the end of the week, reflect – *“Did I move forward? What did I learn?”*

Exercise 2 - Walking With God Journal

Purpose - To become more aware of God's presence in ordinary daily life.

Steps:

1. For 7 consecutive days, spend five minutes each evening reflecting on your day.
2. Write down:
 - One challenge I faced today
 - One blessing I noticed today
 - One place where I sensed God's presence today
3. End by thanking God for one specific thing from the day.
4. Repeat each evening for one week.
5. At week's end, review your notes and look for patterns.

Exercise 3 - Faithfulness Over Outcomes

Purpose - To shift attention from results to faithful living.

Steps:

1. Choose one situation that has been causing worry, frustration, or disappointment.
2. Divide a sheet of paper into two columns. Label the columns:
 - "What I Can Control"
 - "What I Cannot Control"
3. Fill in both columns honestly.
4. Circle one item from the first column and commit to acting on it this week.
5. Offer the second column to God in prayer.