

Discussion questions:

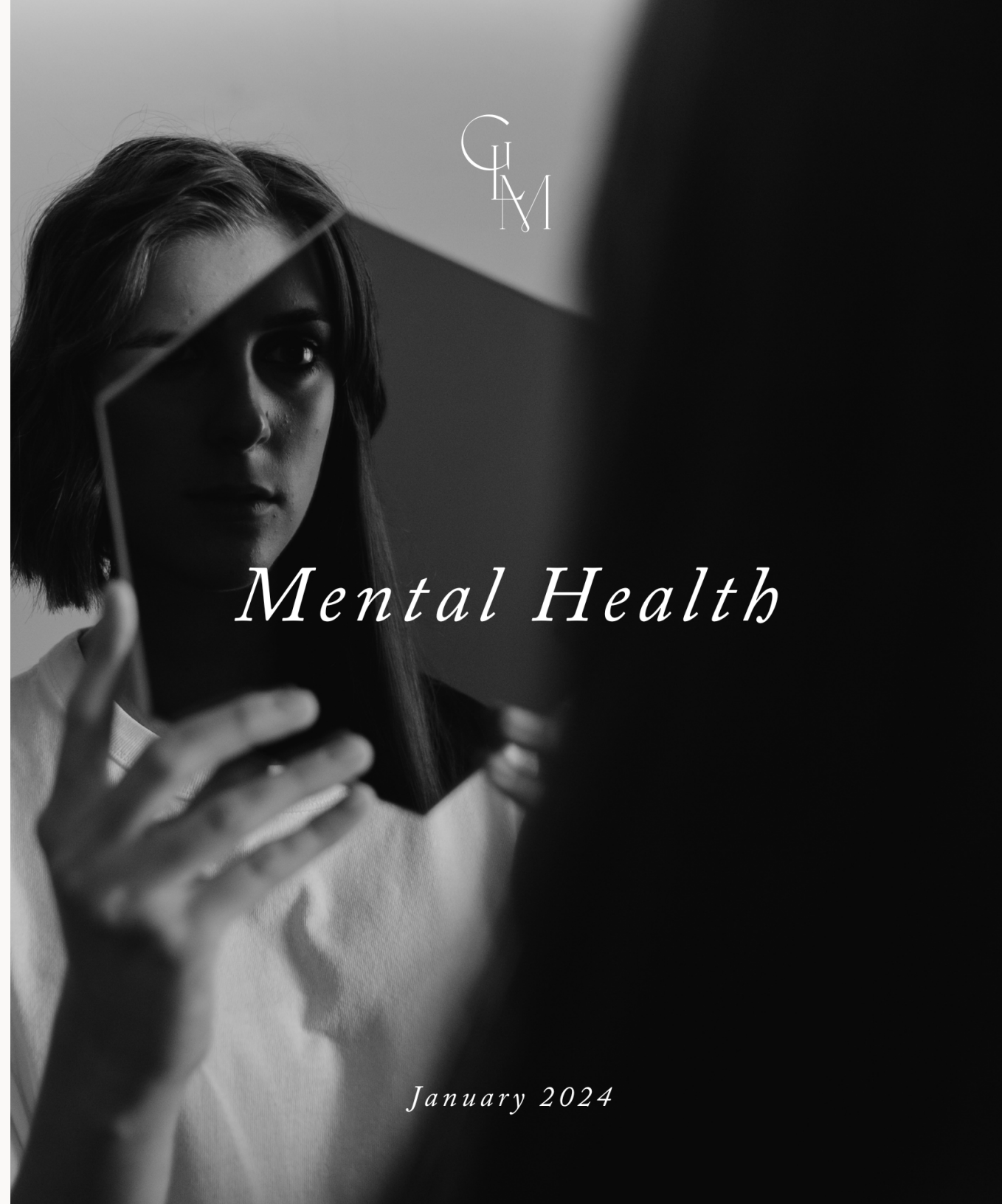
What stood out to you from Ashley and Maria's talk and/ or the reflection time?

What practices do you think you could incorporate into your life on a regular basis?



Mental Health

January 2024



Notes:

Reflection questions/Journaling:

For this time of reflection, you can choose to create Ebenezer stones or mindfully journal. Consider...

-What truth(s) about God or about yourself do you need to be reminded of in this season?

-What part of your well needs filling/replenishment?
You can use the handout of "Truths about God and Truths about me" as a prompt or feel free to follow other leads.