

# Ways to Enjoy God this Fall

## HARVEST

Think about something you've been working hard on - a project, goal, discipline, etc. What progress have you seen over the course of the last weeks or months? What are some results (fruits) you are benefiting from now? How have you seen God at work in it? Plan a way to celebrate the accomplishment!

## PREPARATION

Oftentimes God gives hints of what lies ahead - a restless heart, a truth that keeps coming up, a passage that grips your heart. Is God whispering something to you? Even if you don't know the specifics, how can you use this time to prepare for what he has in store? Memorize a verse. Meditate on a passage. Rehearse the faithfulness of God. It will prepare your heart for whatever lies ahead!

## VIBRANCY

Read Psalm 100. Identify aspects of life that are vibrant, energetic, and exciting right now. What is God restoring? What takes your breath away? What causes joy to bubble up? What makes your heart glad? Make a list. Read Psalm 100 again with these things in mind. Use it as a springboard to make a joyful noise, serve with gladness, sing, give thanks, and bless the God who makes it all possible.

## THANKSGIVING

Get your favorite candy\* and a small cup. Think of something to thank God for as you drop in each piece. Let your heart swell with gratitude as your cup fills to overflowing. (This is a great activity to do as a group or family. No talking is needed. Just drop in the pieces and marvel at the number of things God has done!)

\*soft candy won't work, m&ms or candy corn are ideal

## CHANGE

Music can speak truth, bring healing and instill courage. Create a playlist to minister to your heart. Consider these.

- "Great is Thy Faithfulness"
- "The River" by Steve Green
- "Thy Will" by Hillary Scott
- "Oceans (Where Feet May Fail)" by Hillsong United
- "Whatever You're Doing" by Sanctus Real
- "Just Might Change Your Life" by Sidewalk Prophets

*(All are on YouTube. Some are also on free music sites.)*

## TRANSITION

Think about life over the last couple of years. Journal any feelings and perspectives from this time. Now think about the dreams God has put in your heart about the future. Journal desires, hopes, and longings. Consider how God is right now transitioning you from one to the other. Journal your fears, questions, and ultimately your trust and dependence on him to guide you. Let the lyrics of "I Will Listen" by Twila Paris be your prayer.