

# LIFE TO THE FULL

## Day One: *Seek and Celebrate*

As I shared in the *Life to the Full* guidebook, (head back to your email to download that as you'll need it as you go through these challenge sheets) my first point is that Mary and the other women took time to *seek Jesus*. They sought Him even in the midst of perceived death.

- ♥ As you reflect on the weeks, months and years behind you, did you face disappointments and/or setbacks in situations and trials which left you feeling as though a hope, dream or maybe even a business pursuit had died? List them below & describe how those setbacks made you feel (or write them out in your journal if you prefer pen & paper).

- ♥ In seeking Jesus today, it's time to flip those set backs on their head and to instead, see them as set ups for God's greater purpose in your life. **What can you take time to be thankful for *in spite of* those trials? What lessons did you learn? In what ways was your character refined during them?** List them below (or write them out in your journal if you prefer pen & paper).



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Setbacks and trial can inevitably lead us to doubt our abilities and cause us to fear the future. However, God declares that He works ALL things together for the good of those who love Him. (Romans 8:28)  
Notice in point two of your workbook that Mary and the other women departed the tomb of Jesus in both fear *and* joy.

This indicates the precious truth that **the presence of fear does not mean the absence of joy.**

*Did your previous trials and setbacks lead you to doubt the goodness of God? Did they leave you less desirous in seeking Him?*

As we close day one of this challenge, I want to encourage you to come back to your 'first love' (this is what the church in Ephesus were reminded to do in Revelation 2:4 if you want to check it out.)

- ♥ Spend some time seeking God today and taking joy in His presence no matter what. Even if this is something you haven't done for a while, it doesn't matter. God is ever-present. *Start this brand new year afresh with Him.* Do whatever brings you closest to Him - worship, prayer, dance, drawing, going for a walk, journaling - whatever it might be, do it and note what He says to you and does in you below (or in a journal if you'd prefer.)

**Ask your good, good Father to refresh your hope for today and beyond. He is able.**

