



# DEVOTION FOR THE WEEK

## PAUSE AND REFLECT



Hello WAC family! As we approach the end of 2023, our lives are filled with various activities - some are gearing up for a holiday, others are busy with festive preparations or clearing year-end backlogs, and the list goes on.

In the midst of all this hustle and bustle, I encourage you to take a moment to reflect on your journey this year and the lessons you have learned. Find a quiet space for your heart and mind. Let's pause and pray, asking the Lord to reveal key lessons from the past year. Take time to ponder the goodness, grace, and mercy of our loving God. I have prepared five reflection questions inspired by 1 Thessalonians 5:16-24. You can jot down your thoughts in your diary or on your phone.

**1 Thessalonians 5:16-24** <sup>16</sup> Rejoice always, <sup>17</sup> pray without ceasing, <sup>18</sup> give thanks in all circumstances; for this is the will of God in Christ Jesus for you. <sup>19</sup> Do not quench the Spirit. <sup>20</sup> Do not despise prophecies, <sup>21</sup> but test everything; hold fast what is good. <sup>22</sup> Abstain from every form of evil. <sup>23</sup> Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and

*body be kept blameless at the coming of our Lord Jesus Christ. <sup>24</sup> He who calls you is faithful; he will surely do it.*

**#1 // Rejoice Always:** As you look back on the year, recall not only the moments of joy and triumph but also the challenges that have shaped our character. Rejoice not just in the celebrations but also in the journey.

**#2 // Pray Without Ceasing:** Reflect on the difficult circumstances you encountered. How did prayer serve as a source of strength or guidance during those times? Were there moments where you found it difficult to pray, and how did you overcome those challenges?

**#3 // Give Thanks:** Consider the blessings, both big and small, and give thanks.

**#4 // Hold Fast:** How did you navigate challenges this year while clinging to God's unchanging truth?

**#5 // Faithful Is He Who Calls:** As we step into the unknown of the new year, take comfort in the faithfulness of the One who calls us. His promises are steadfast, and His love endures. Whatever the future holds, we walk in the assurance of His faithfulness.

We, as human beings, are prone to forget. Often, we forget God's goodness, mercy, and love. I hope these reflection questions help us remember all that we went through this year. As we remember, let us acknowledge and thank God for His faithfulness.

Personally, this year has been filled with many changes and new experiences. I returned to WAC at the beginning of the year (during my final semester) after being away for many years. I graduated in May and started working in July. There were new ministries, new communities, and the challenge of juggling between two churches, among many other things.

I am thankful for all these experiences, but honestly, it was not easy. Yet, through these ups and downs, God reminded me repeatedly that He is in control, and I need to surrender and trust in Him.

I do not know what you went through this year, but let us continue to trust that God is in control. May we step into the new year with hearts full of joy, a spirit of continuous prayer, and gratitude for God's unchanging faithfulness. May God's faithfulness be our anchor as we step into the coming year.

Ps Gladys :)