

COMPASS EXERCISE

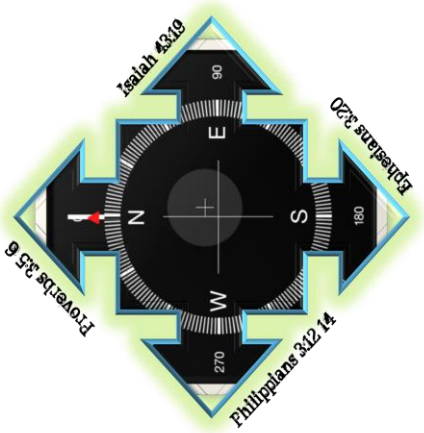
COMPASS EXERCISE

NORTH:
The north star represents God's light and guidance.

- Who do I know that loves me deeply and guides me?
- What do I know about God that strengthens me?
- What do I need to let go of?
- What patterns in my life need to end?
- Where do I need healing or change?

WEST:
The direction of the setting sun. This is the place of endings and letting go.

EAST:
The direction of the rising sun. This is the place of new beginnings.



- Where am I sensing God wanting me to embrace something new?
- How can I move in that direction?

- What energizes me?
- Where do I find rest & renewal?
- What am I longing to do that I haven't?
- What is fun and memorable for me?

SOUTH:
The direction of the sunny exposure of the sun. Sunlight gives us energy for imagination and play.

Proverbs 3 :5-6 (MSG)
Trust GOD from the bottom of your heart; don't try to figure out everything on your own. Listen for GOD's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to GOD! Run from evil!

Isaiah 43:19 (MSG)
"Forget about what's happened; don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it?"

Ephesians 3:20 (MSG)
God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us.

Philippians 3:12-14 (Phillips)
Yet, my brothers, I do not consider myself to have "arrived", spiritually, nor do I consider myself already perfect. But I keep going on, grasping ever more firmly that purpose for which Christ grasped me. My brothers, I do not consider myself to have fully grasped it even now. But I do concentrate on this: I leave the past behind and with hands outstretched to whatever lies ahead I go straight for the goal—my reward the honour of being called by God in Christ.