

# Renewal is essential.

**What thoughts would you like to ask God to help examine?**

**Where do they come from?**

**What in them seems worldly-focused versus God-focused?**

**What might change with the thoughts handed over to God?**

**What methods/exercises (i.e. the Examen, ACTS), small steps (i.e. pauses), or questions asked to God (i.e. “What do You want me to understand, God?”) help you examine your thoughts and see God in what’s going on?**



Something new is happening



Something new is happening

## Four “Buckets” to Explore

Work Life and Colleagues

Family (Immediate or Extended)

Friends and Social

Religious

*“Action is Success” example*

*“It’s all about family” example*

*“A true friend” example*

*“Love one another” example*

## [The Parable of New Wine in Old Wineskins](#)

*And no one pours new wine into old wineskins. Otherwise, the new wine will burst the skins; the wine will run out and the wineskins will be ruined. No, new wine must be poured into new wineskins. – Luke 5:37-38*

**The 2023 BELIEVES sessions are focused throughout the year on “Living Our Faith According to Jesus’s Parables.”**

Jesus' parables are short, simple stories he shared to teach and illuminate how we as Christians can go through the day in our work environment seeking to walk with Christ and let the Holy Spirit guide our work decisions amidst the pressures and challenges faced in the work environment.