

WHAT IS GOD'S BIG PLAN FOR YOUR LIFE?

Practice Guide for [Episode 27](#) of Simple Spiritual Practices.

The Practice: Reflect on your life as it is now, noticing and naming what is true *now* instead of pushing ahead to what's *next*.

Reflection Guide:

1. Think about your life as it is right now. Name your people, your work, and the everyday tasks and routines that make up your days. What does a typical day hold for you?
2. As you consider your days, do you believe that your life is enough just as it is right now? Do you believe that *you* are enough?
3. What would it look like to grow in loving God and people in your life as it is right now?
4. How do you feel when you hear this statement: *Maybe, you are exactly where you are supposed to be*. How does that hit you? Is that hard for you to believe? Does that bring relief or anxiety? Bring all of those feelings into God's presence, and see what He might have to show you.
5. Ask God to show you the significance of how you spend your time. Rest in His presence, trusting that what you do matters. Surrender any angst or anxiety you are carrying about the future, and trust that if something *does* need to change, God will show you in *His* timing.

Mentioned in this episode:

- *"What if we found out God's big plan for our lives is that we wouldn't spend so much of our time trying to figure out a big plan for our lives? Perhaps He just wants us to love Him and love each other."* Bob Goff (via [Instagram](#))
- Matthew 22:37-40

For more tools and resources to help you discover steady and sustainable growth through simple spiritual practices, visit lindsaysterchi.com.