# MY SNAPSHOT IN TIME

*Selah - Pause - Reflect - Write it down*

*This is where you are at this moment in time.*

*Journals by Dr. Tinu | ZoeWomen.com | Copyright © 2025*

# HOW TO USE THIS JOURNAL

This journal is designed to be used in tandem with the 3-minute Bible studies (The Reflect, Return, Reset Series) by Dr. Tinu Tadese.

## STEP 1: FILL OUT YOUR JOURNAL

Type directly into this document, filling in each section thoughtfully and prayerfully. Take your time to reflect on where you are and what you're asking God for in this next season.

## STEP 2: SAVE YOUR WORK

Create a folder on your computer called "My Year End Reflections" and save this journal by year (example: "2024 Snapshot and Prayer Requests"). This allows you to look back year after year and see God's faithfulness.

*For a hard copy: Print the completed pages and place them in a binder for easy reference throughout the year.*

## STEP 3: PRESENT YOUR REQUESTS TO THE LORD

After completing your prayer requests section, set aside intentional time to present them before the Lord. Consider doing this at 12 midnight on New Year's Eve or early on New Year's Day as an act of consecration and faith for the coming year.

***"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you." - Matthew 7:7***

*Journals by Dr. Tinu | ZoeWomen.com | Copyright © 2025*

# MY SNAPSHOT IN TIME

*Selah - Pause - Reflect - Write it down*

*This is where you are at this moment in time.*

**Date: _____**

## ME

### Personal Spiritual Life

**Prayer life:**

---

**Bible understanding:**

---

**Service to God:**

---

### Health

**Physical health:**

---

**Mental/Emotional health:**

---

### Finances

*Journals by Dr. Tinu | ZoeWomen.com | Copyright © 2025*

## FAMILY LIFE

### Marriage

### Children

### Home

### Parents

### Siblings

## RELATIONSHIPS

### Friendships

### Community

*Journals by Dr. Tinu | ZoeWomen.com | Copyright © 2025*

### Other significant relationships

## CAREER & BUSINESS

## REFLECTION

**As I look at this snapshot, what stands out most?**

**What am I grateful for?**

**What needs attention or prayer?**

*Journals by Dr. Tinu | ZoeWomen.com | Copyright © 2025*

# MY PRAYER REQUESTS

*Ask - Seek - Knock*

*What I am asking God to do in this next year and season.*

## ME

### Personal Spiritual Life

**Prayer life:**

---

**Bible understanding:**

---

**Service to God:**

---

### Health

---

### Finances

---

## FAMILY LIFE

### Marriage

---

### Children

### Home

### Parents

### Siblings

## RELATIONSHIPS

### Friendships

### Community

### Other significant relationships

## CAREER & BUSINESS

*Journals by Dr. Tinu | ZoeWomen.com | Copyright © 2025*