

A close-up photograph of two hands, one larger and one smaller, gently cupping a bright red, glossy heart. The hands are positioned on the left side of the frame, with fingers slightly curled around the heart. The background is a soft, out-of-focus grey. The text 'REST & REFLECT journal' is overlaid on the right side of the image in a large, white, sans-serif font. The word 'REST' is in all caps, '& REFLECT' is in all caps, and 'journal' is in a lowercase, italicized font.

REST & REFLECT *journal*

Time to **pause**, **give thanks**,
and **prepare** your heart.

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November invites us to slow down. As the world begins to bustle with holiday plans and end-of-year pressures, **God calls us to stillness, to rest in His presence and reflect on His goodness.**

This month bridges two beautiful seasons: Thanksgiving, a time of gratitude and giving, and Advent, a time of hope and preparation. It's a **sacred space** to breathe, listen, and let God speak to your heart.

Use this journal as your companion to **nurture faith, practice gratitude, and prepare your spirit** for the joy of Christmas.

***Be still, and know
that I am God.***

– Psalm 46:10

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Weekly Reflections

Each week, take time to **pause and record your thoughts**.
Let these prompts guide your heart:

Week 1: Gratitude in the Small Things

What am I thankful for this week?

How have I seen God's hand in the ordinary moments?

Week 2: Listening for God's Voice through His Word and Prayer

Where do I sense God leading me right now?

What Scripture or song has spoken deeply to me this week?

Week 3: Saying "No" with Purpose

This November, consider what you might **say "no"** to...

not out of guilt, but **out of grace**. It doesn't mean avoiding helping those in need or stepping away from what you love.

Instead, it means **choosing to do less of what drains your spirit so you can make space for what truly restores your soul**.

Reflect on:

What am I saying "no" to this month in order to rest and rejuvenate?

What commitments or habits keep me from quieting my heart before God?

Week 4: Preparing for the Season Ahead

How can I rest and reset before Advent begins?

What spiritual habits will help me keep Christ at the center of Christmas?

Space for Journaling & Prayer

Take time to write your reflections and prayers. You might jot down moments of gratitude, answered prayers, or simply what's on your heart.

Acts of Giving Checklist

Choose five ways to bless others this month and check them off as you go. Your blessings can be big or small :)

1

**Help a neighbour
with yard work or
errands**

2

**Write an
encouraging note
or card**

3

**Donate to a local
ministry or food
bank**

4

**Volunteer your
time at church or
in the community**

5

**Pray for someone
in need**

Which five will you choose this month?

***Jesus said, “It is more blessed to
give than to receive.”***

– Acts 20:35

Scripture & Prayer

Keep these verses close, perhaps in your Bible, wallet, or on your fridge. Let them remind you of gratitude and generosity every day.

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

– 2 Corinthians 9:7

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

– 1 Thessalonians 5:18

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap.

– Psalm 107:1

Prayer: Lord, help me to give with joy and gratitude, just as You have given so freely to me.



Rest & Reset

Before the holiday season **rush, take time to recharge** your body, mind, and spirit.

Sabbath Moments: Dedicate a day or afternoon each week to truly rest and worship.

Nature Walks: Spend time outdoors and notice God's creation. Take in the crisp air and the changing leaves.

Digital Detox: Unplug for a few hours or a day to reconnect with God and loved ones.

Quiet Morning Routine: Start your day with Scripture, prayer, and gratitude journaling.

Worship Breaks: Play your favorite worship song and let it wash over your heart.





As you walk through this time before the holiday rush,
remember: rest is not idleness. Reflection is not wasted time.
May your month be filled with gratitude, giving, and the gentle
peace that comes from resting in Him.

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