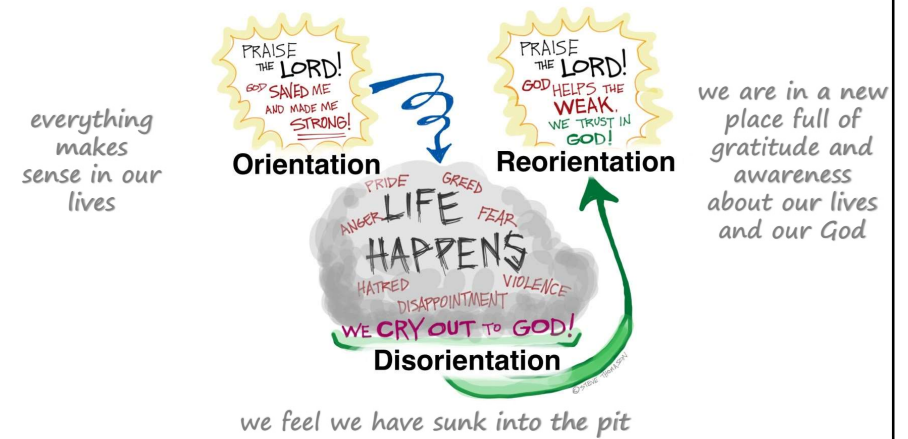


## The Darkness – what's hiding there?

fear      disappointment      despair  
 doubt      hurt      guilt      bitterness  
 sadness      shame      worry  
 anger      condemnation      failure

Session 6 Review

## Rhythm of Life: Orientation, Disorientation, Reorientation



## Celebrating the new normal

You have turned my mourning into joyful dancing.  
 You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent.  
 O Lord my God, I will give you thanks forever!  
 (Ps 30:11-12, NLT)

a new song

## Exploring the new normal

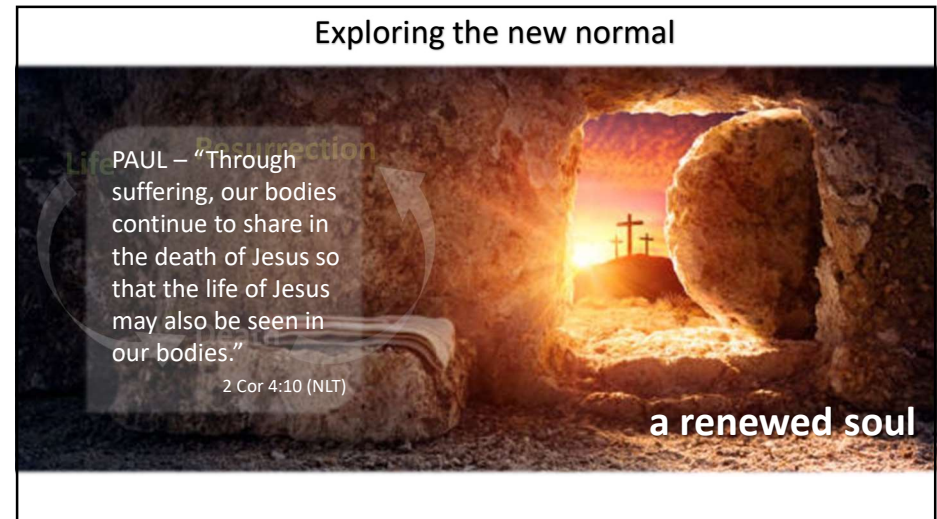
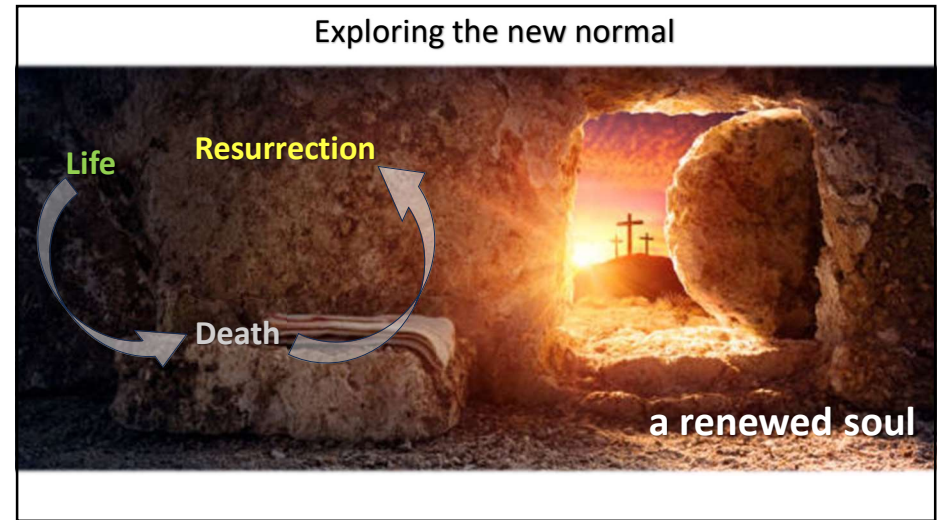
God alone can restore our soul through:

- Rest
- Reflection
- Replenishment
- Refreshing
- Renewal

He restores my soul

Psalms 23:3a

a restored soul





## Exploring the new normal



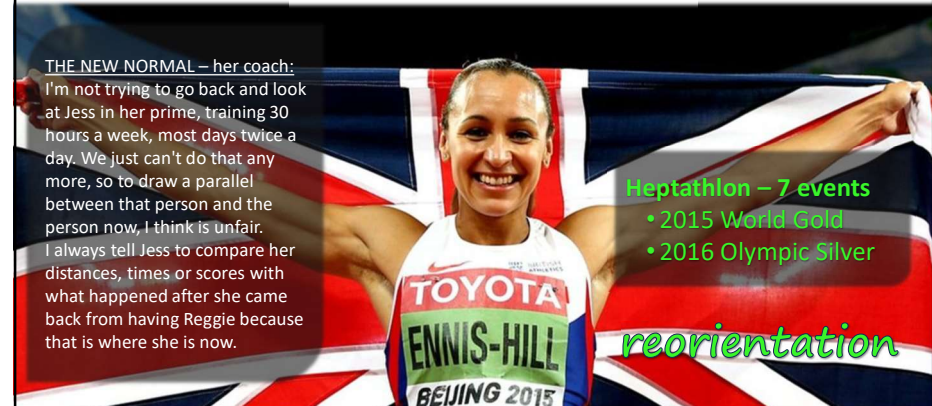
**Heptathlon – 7 events**

- 2009 World Gold
- 2010 European Gold
- 2011 World Gold
- 2012 Olympic Gold

**2013 – 14**  
**Injury struggles & pregnancy layoff**

**orientation** **disorientation**

## Exploring the new normal



**THE NEW NORMAL – her coach:**  
I'm not trying to go back and look at Jess in her prime, training 30 hours a week, most days twice a day. We just can't do that any more, so to draw a parallel between that person and the person now, I think is unfair. I always tell Jess to compare her distances, times or scores with what happened after she came back from having Reggie because that is where she is now.

**Heptathlon – 7 events**

- 2015 World Gold
- 2016 Olympic Silver

**reorientation**

## What does spiritual transformation look like?

**CHARACTER CHANGE**

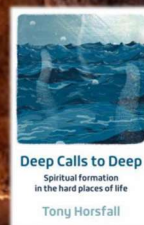
- What are some of the key changes that God is looking for?

**NEW UNDERSTANDING**

- How might God be seeking to change our thinking?


**DEEPEXPERIENCE**

- How is the 'new song' different to the old one?



Questions from  
p152

## Exploring the new normal



**My soul find rest in God**  
Psalm 62:5a

God alone can restore our soul through:

- Rest
- Reflection
- Replenishment
- Refreshing
- Renewal

**a rested soul**