



Noticing is the start of rewriting your story

A gentle reflection for one real moment

You do not have to understand your whole story today. Begin with one moment that caught your attention, and make room to notice it with Jesus.

N • NOTICE

What happened? What did I notice in my thoughts, body and response? What do I know happened, and what meaning did I give it?

E • ENTRUST

Jesus, what feels difficult to bring into Your light? What am I trying to protect or control? What can I place in Your care?

S • STEP

What is one truthful, caring response available now? Perhaps a question, a boundary, an apology, asking for support or beginning one small task.

W • WALK

Try that response in ordinary life. Return later: what did I discover? What helped? What needs more time or support?

An ordinary moment

A message goes unanswered. I keep checking my phone. The fact is that I have not received a reply; my interpretation is that I no longer matter. I bring that fear to Jesus, set the phone aside for a while and return to my morning. Later, I can decide whether a simple follow-up is needed.

Noticing makes room to respond. It does not require an immediate explanation or a perfect next step.



My discovery

One moment. Room to be honest. One next movement.

When this happened ...

I understood it as ...

I felt ... and noticed in my body ...

I responded by ...

One different response I could practise is ...

A small lookback

What became clearer? What helped? What would I like to keep returning to?

What becomes known can be brought into relationship. You do not have to turn every discovery into another demand to fix yourself.