



MID-YEAR

RESET!

REFLECT | REFOCUS | RESET

Circle WITH THE SISTERS NOTES

MIDYEAR RESET: Reflect • Refocus • Reset

Theme Scripture: "Forget the former things; do not dwell on the past. See, I am doing a new thing!" — Isaiah 43:18–19

SESSION PURPOSE: Midyear is a powerful opportunity to pause and evaluate where you are—not with regret, but with wisdom. This session is designed to help you:

- Reflect on the year so far
- Refocus your attention and direction
- Reset your heart and priorities for the months ahead

Remember: You do not have to restart the year. You can realign for the rest of it.

1. REFLECT - "SEE IT CLEARLY"

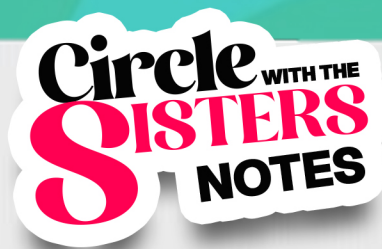
Key Scripture: Psalm 139:23–24

What Reflection Means: Reflection is honest awareness before God without shame or denial.

Personal Reflection:

- What has this year revealed about me?

- What lesson has God been teaching me?



2. REFOCUS - "RESET YOUR DIRECTION"

Key Scripture: Hebrews 12:2

What Refocus Means: Refocus is intentionally redirecting your attention, energy, and priorities.

Personal Reflection:

- What has been competing for my attention this year?

- Where have I drifted from what matters most? + What needs to become a priority again?

3. RESET - "START AGAIN ALIGNED"

Key Scripture: Isaiah 43:18–19

What Reset Means: Reset is moving forward in alignment with God's purpose and plan.

Personal Reflection:

- What do I need to release from the first half of this year?

- What mindset, habit, or fear cannot go with me into the next season?

Circle WITH THE SISTERS NOTES

MY MIDYEAR RESET COMMITMENT:

- The one thing I will intentionally focus on during the rest of this year is:

- My action step for the next 30 days + Scripture I will stand on:

DECLARATION: (Read Aloud Daily)

I see it clearly.
I reset my direction.
I start again aligned.
I am not stuck in the first half of this year.
I am not defined by what did not happen.
God is still working, still leading, and still redeeming.

The rest of this year will be lived with clarity, purpose, and alignment.

My best response is obedience, and my next season begins with alignment.

Amen