

THE

RE:Journey

*Six transformative practices for the
soul that is ready to be renewed.*

A PERSONAL REFLECTION GUIDE

Rest · Repent · Restore · Rediscover · Reimagine · Reengage

OASIS REST
INTERNATIONAL

A WORD BEFORE YOU BEGIN



“A heart at rest innovates best. Some of the greatest ideas have come when people peeled away from the noise and began to reimagine in the presence of Almighty God.”

This guide is yours. Use it on a retreat, across six consecutive days, or return to it again and again as a living document of your journey with God. There are no wrong answers here—only honest ones.

HOW TO USE THIS GUIDE

RETREAT SETTING

Work through each section in order across a half-day or full retreat. Allow 20–30 minutes per section.

DAILY PRACTICE

Use one section per day across a six-day devotional rhythm. Return often—these questions deepen with time.

FOR GROUPS

Read the intro aloud, then pause for silent reflection. Share in pairs or triads. Guard honesty with grace.

01 · THE FOUNDATION

Rest

What does regular rest look like in your life—especially in a season of un-rest? Before anything else can be restored, your body and soul need permission to stop. Rest isn't laziness. It's the first act of trust.

- How has rest been modeled for you in your family, work culture, or church community? What messages, spoken or unspoken, did you receive about rest?
- Let's get honest: How much sleep are you actually getting? Science confirms 7–9 hours is how you were designed. What is the gap between what you need and what you're getting?
- Is there any guilt associated with rest for you? Where did that come from, and what would it mean to release it?
- How would a truly biblical understanding of rest change your current story and your future one?

If you make too many withdrawals on your physical rest without enough deposits, you will find yourself broke. What does your current account look like?

YOUR REFLECTION

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you...and you will find rest for your souls.”

MATTHEW 11:28–29

02 · THE CLEANSING

Repent

Repentance comes after rest for a reason. You are not you when you're tired. A rested heart approaches repentance with grace rather than guilt, with tenderness rather than shame. You've slept. Now you can see clearly.

- In your own words, what is biblical repentance? Not religious performance, but the actual, grace-filled turning of the heart?
- Psalm 24 asks: “Who may ascend the hill of the Lord? He who has clean hands and a pure heart.” As you sit quietly, what areas of your life gently surface?
- Who in your family, church, or workplace might you have offended, knowingly or unknowingly? Who do you need to ask for forgiveness?
- Is there someone in those same circles you need to forgive? What would it look like to release them today?
- As a leader, how can you model and lead others into a culture of grace-filled repentance?

YOUR REFLECTION

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”

ACTS 3:19

03 · THE STRUCTURE

Restore

Every healthy thing has rhythm—a heartbeat, the tides, the seasons. Busyness is the enemy of rhythm. When we lose our sacred rhythms of prayer, Scripture, and Sabbath, we lose our tether. This section is about finding your way back.

- How would you describe your current spiritual and life rhythm? Be honest; not what you wish it were, but what it actually is.
- If your spouse or family answered that question about you, what would they say? Is there a gap between your perception and theirs?
- Which biblical rhythms—prayer, Scripture, Sabbath, community, solitude—have quietly drifted from your life this season?
- How has the busyness of this season been affecting your intimacy with God? What has it cost you that you haven't named yet?
- What are two or three practical, specific steps you could take in the next 30 days to restore rhythm? Who will walk that road with you?

YOUR REFLECTION

“Return to your rest, my soul, for the Lord has been good to you.”

PSALM 116:7

04 · THE AWAKENING

Rediscover

Somewhere beneath the accumulation of responsibilities, roles, and routines is the person God first created and called. This section is an invitation to remember—to excavate the gifts, passions, and holy hungers that have been buried, not lost.

- What areas of your life and work are you currently rediscovering or quietly asking to be rediscovered?
- What are the “first loves” you may have forgotten? The callings and Kingdom pursuits that once set your heart on fire?
- Are there dormant gifts that feel like embers still glowing under the ash? How might you rekindle them?
- What is the worship song that has always moved you to tears? What sermon made you want to move in a holy direction? What does that reveal about your design?
- How can you help the people around you rediscover their own Kingdom purposes?

YOUR REFLECTION

“Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first.”

REVELATION 2:4–5

05 · THE VISION

Reimagine

You have rested. You have been honest. You are remembering who you are. Now, what if you gave yourself permission to dream again? A rested heart, rooted in repentance, is the most fertile ground for God's imagination to take root.

- In light of everything you've processed, what does a reimagined life begin to look like? What has shifted in how you see the days ahead?
- What passions or purposes can you see genuinely transforming your life and leadership?
- What plot twists do you want to write into your story? What would you do differently if you weren't operating from exhaustion?
- Ephesians 3:20 says God can do "exceedingly abundantly above all we ask or imagine." What would you dare to ask for if you truly believed that?
- For entrepreneurs: what ideas or Kingdom projects have been waiting for a rested, clear mind to bring them into focus?

YOUR REFLECTION

*"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us
—to him be glory."*

EPHESIANS 3:20-21

06 · THE RETURN

Reengage

You've had an encounter. Something has shifted. Now comes the most practical question: How do you carry this home? Reentry is not the end of the journey—it is the beginning of the lived-out version of everything you've discovered here.

- What does reengagement look like for you, specifically—in your actual life, with your actual people, in your actual schedule?
- What specific changes will you make when your time here is finished? Name them. Write them down. Tell someone.
- How will you practically apply this experience to your life, your family, and your team?
- Which biblical practices will you commit to continuing? What rhythms will you protect when the busyness inevitably returns?

YOUR REFLECTION

"Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."

PHILIPPIANS 4:9

COMMITMENTS FOR REENTRY

I will begin...

I will stop...

I will invite...

I will protect...

*“The Lord your God is with you, the Mighty Warrior who saves.
He will take great delight in you; in his love he will rejoice over
you with singing.”*

ZEPHANIAH 3:17

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You were made for
this kind of rest.

*Take these pages home. Return to them often.
The questions don't expire, they deepen.*

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