the practice of noticing



beneath the Fig Tree

Hey there!



I'm so honored you're here, and I can't wait to see how God meets you during our time together.

This workshop isn't about creating the perfect quiet time or giving you another spiritual practice to master. It's an invitation to discover the unique ways God created you to meet with Him.

As you cultivate a devotional life you genuinely love and look forward to, you'll discover that the tangible, meaningful relationship with God you've always longed for isn't only possible—it's what He created you for.

A GENTLE REMINDER

There are no grades.
No perfect answers.
No "right" way to experience this.

Simply come with a willing heart and pay attention to the ways God may already be inviting you closer.

Our Starting Place



Before we begin noticing the ways God meets us, let's begin with what is already true. These truths become the foundation for everything we'll explore together.

GOD KNOWS ME

> Psalm 139:1–4
> *"...You know everything about me."*

GOD SEES ME

> John 1:48
> *"...I saw you..."*

GOD INTENTIONALLY & UNIQUELY CREATED ME

> Psalm 139:13–14
> *"...You wove me together."*

GOD INVITES ME CLOSER

> Matthew 11:28–30
> *"Walk with Me.."*

Everything we explore in this workshop grows from these truths.

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Noticing the Ways

God has been at work in your life long before you opened this workbook. Let's take a few moments to notice some of the ways He has uniquely created you.

As you read through the questions below, pay attention to what comes to mind easily, stirs your curiosity, or feels especially meaningful.

Don't overthink your answers, and don't worry about responding to every question. Simply begin with the ones that draw your attention.



- What did I love to do as a child?
- What are some of my favorite memories?
- What do I love to do when time allows?
- What do I love to collect?
- What do I notice that others don't seem to?
- What am I naturally curious about?
- What moves me or stirs my heart?
- Where do I feel most alive?
- Where do I feel most at peace?
- Where do I feel most myself?

Place a heart beside any responses that feel especially alive, meaningful, or that keeps drawing your attention.

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What do you notice?

As you look back over your responses, do you see any patterns?

What might they reveal about the ways you naturally connect, pay attention, wonder, remember, create, or come alive?

Could any of these be places where God has already been meeting you?

Keep noticing.

You don't have to figure out what any of it means today. In the coming days, continue paying attention to the moments that stir your heart, catch your attention, or make you curious.

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Keep Cultivating

I hope today's workshop helped you recognize something about the ways God has already been meeting you—or the places He may be inviting you to notice Him more closely.

Thank you for setting aside this time to be with Him—and for allowing me to come alongside you for a little while. My prayer is that you leave today with a little more freedom, a little more curiosity, and a growing confidence that the tangible, meaningful relationship you've always longed for really is possible.

There's More to Explore

The Practice of Noticing is part of Cultivate a Devotional Life You Love—a growing collection of conversations, resources, and experiences created to help you move beyond formulas and discover ways of connecting with God that fit the way He made you.

Visit the Cultivate hub to explore podcast and video conversations, practical resources, and other opportunities to help you cultivate a devotional life you genuinely love and look forward to.

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Chat soon, friend,

Rose Jordan

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