

DETOUR

D: there's a disruption... and you immediately react and get...

E: engrossed in your own experience...the broken plans, ideas, or expectations and you get...

T: tunnel vision... you want to retreat, get out, stop the chaos, but the more you struggle the more you

O: overthink your current situation... worry, anxiety, frustration looms overhead and you begin to...

U: use things, people, food or alcohol... like the COVID 19lbs people gained this year...so you...

R: retreat and repeat the same spiral getting more and more isolated and insecure.

DO-TOUR

D: Disruptions that lead to Discussions with God

I will be with you.

I will protect you.

I will be your strength.

I will answer you.

I will provide for you.

I will give you peace.

I will always love you.

O: Open to what God is Doing NOW

BE OPEN... because God is ALWAYS working

Romans 8:28 ***"We know that all things work together for good for those who love God, who are called according to his purpose."***

T: True Vision of God's Story

Another way to think about this is to ask: what are the signposts in your life that connects you to God's Story

Where has God intervened? Demonstrated Himself? Spoke? Exposed His character... these are **signposts**.

O: Own Your Own part of the Story

This is truly the hardest part of this gift... changing how you see disruptions from a detour to this process of a "Do-Tour" because it involves examining the places in your life where you've turned away from God; or the times when evil came against you; or the people

who have wounded you or made life difficult; or when the disruptions led you to a downward spiral.

But this is also the best part of the journey... because the whole reason we celebrate Xmas... is because it's a reminder the GOD IS WITH US! God did this for US. God is in it with us!

U: Use God's Power of the Holy Spirit:

The Holy Spirit:

- reminds us of God's love for us
- reminds us of the places and people who have helped us along the way
- recalls the times when God has spoken and guided us even in the midst of great difficulty
- And empowers us to have faith, to follow, to obey, and submit to God's direction

R: Ready to Hear and Respond to God's Leading

Are you ready to move from a detour to a Do-tour? Because the do-tour will not lead into the spiral, but instead will lead us closer towards God...