

A Gentle Return – Reflection Companion

A Companion to the Guided Reflection by Grant Leitheiser

This guide is designed to help you follow along or revisit the prompts from the “A Gentle Return” meditation. Use it as a space for listening, noticing, and writing.

Section 1

Looking Back on Summer

Prompts from the meditation:

- What memory from summer stands out first?
- Engage the senses: What did you hear, see, feel?
- Which parts of you were present – playful, rested, weary, grieving, grateful?
- Moments with family, friends, or community – what was meaningful? What was hard?
- What else is important to honor from this summer?

Section 2

Listening to the Present

Prompts from the meditation:

- What part of you has been loudest lately?
- Is there anxiety, joy, fatigue, planning, control, or hopefulness?
- What does that part need right now?
- Invite Jesus into the moment – what does He want to show you?

Prompts from the meditation:

- What am I hopeful for this season?
 - Is there anything I need to release from summer – beliefs, pressure, heaviness?
 - Is there anything I want to pick up – a perspective, a truth, an encouragement?
 - What do I want to protect or keep sacred from summer as life speeds up?
 - How can I enter fall with intention and presence, not urgency?
-
-
-
-
-

Closing Practice

Short prayer from the meditation:

- “Jesus, would You walk with me into this season. Let me move forward with intention and presence, grounded in You.”

Journaling prompt:

- What did you notice today?
 - Which parts surprised you?
 - If you could write a letter to one part, what would you say?
-
-
-
-
-