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## Snapshots of 2023

*“There is a time for everything, and a season for every activity under the heavens.”*      **Ecclesiastes 3:1 (NIV)**

*In a world that moves at the speed of a swipe,* we often allow our digital memories to languish in the cloud. Even though our lives are constantly documented through the lens of our smartphones, we tend to underestimate the powerful spiritual tool that resides right in our pockets. Our phones, with their vast collection of photographs and social media posts, are a digital scrapbook, capturing the moments that define our lives. In a way, they serve as a time machine.

Scrolling through the snapshots of the past year, you'll find more than just images; you'll discover a narrative of your life. Each photo, each post, is a chapter in your story, reflecting the joys, challenges, and growth that you've experienced. They document not just the significant milestones, but also the everyday intricacies that make life beautiful. Your pictures aren't just pixels; they're windows into the most meaningful moments of your life. They serve as a visual testimony of God's presence in your life, capturing moments of joy, hardship, and transformation.

Even though it seemingly goes against the rules of a spiritual retreat, we're encouraging you to embrace technology for just a moment and take out your smartphone. Scroll through your social media profiles or phone's album and look through the photographs from the past year. If you're not technologically savvy or don't find yourself snapping a lot of photographs, grab your calendar and day planner and glance back over all that transpired in 2023.

*As you peruse the images and posts that document your journey through the past year, pause and consider the following questions:*

1. What stood out to you about this year? What emotions, thoughts, and memories are you experiencing right now?

2. Complete the following sentence: 2023 was \_\_\_\_\_.  
What makes you describe the past year in this way?