

ReFocus Guide: God Speaks Through Our Dreams

Focus:

Joseph's story invites us to slow down and trust that God often speaks gently, guiding us in ways that are subtle but powerful. God met Joseph through dreams, offering reassurance, direction, and courage. This week, we open our hearts to the God who still speaks and who leads us with care.

Day 1: God Speaks in Quiet and Mysterious Ways

Scripture: Matthew 1:18-20a; Psalm 25:4-5

Reflection:

Joseph faced uncertainty, fear, and questions he could not answer on his own. Yet it was in the quiet, in the stillness of a dream, that God made the next step clear. God often works this way in our lives. We may not receive dramatic signs, but God speaks through nudges, impressions, Scripture, prayer, and moments of calm. When we pause long enough to listen, we discover that God has already been guiding us, gently shaping our path with grace.

Questions:

Where do you sense God may be guiding you beneath the surface?

How might making space for quiet help you recognize God's leading?

Prayer:

Holy God, teach me to listen for Your voice in the quiet places of my life. Lead me in Your truth and guide my steps today. Amen.

Day 2: Mercy, Compassion, and Righteousness Shape Our Choices

Scripture: Matthew 1:19; Micah 6:8

Reflection:

Joseph responded to news that must have felt painful and confusing, yet he chose mercy over judgment. His compassion flowed from a heart shaped by righteousness. God invites us into this same way of living. When we meet others with gentleness and humility, even when circumstances are difficult, we reflect God's character. Acts of mercy, especially when they cost us something, open space for God's healing to take root.

Questions:

Where might you choose mercy this week instead of reacting quickly or harshly?

How is God inviting you to walk with humility in your relationships?

Prayer:

Compassionate God, help me respond to others with mercy and kindness. Shape my heart so that my choices reflect Your love. Amen.

Day 3: Obedience Requires Trust in What We Cannot See

Scripture: Matthew 1:20b–21; James 1:22–25

Reflection:

The angel's message asked Joseph to trust what he did not understand. He could not see the whole story, yet he listened and acted. Obedience often works this way. God calls us to take faithful steps even when the outcome is unclear. When we choose to follow God's direction, our lives become shaped not only by what we hear but by the trust we place in God's goodness. God's guidance often unfolds one step at a time.

Questions:

Where is God nudging you to trust beyond your current understanding?

What faithful step might God be inviting you to take today?

Prayer:

Faithful God, strengthen my trust when I cannot see the whole path. Help me respond to Your guidance with a willing and open heart. Amen.

Day 4: Judgment Can Keep Us From Following God's Leading

Scripture: Matthew 1:20; Acts 10:9–16

Reflection:

Before Joseph understood God's plan, he made assumptions based on what he knew. Peter did the same until God expanded his understanding. Judgment — toward ourselves or toward others — can cloud our vision and prevent us from recognizing God's work. When we release our assumptions and open our hearts, we make room for God to broaden our perspective. God often leads us in ways that challenge our expectations and stretch our compassion.

Questions:

What assumptions or judgments is God trying to show you that are limiting your ability to see God's work?

How might God be inviting you to see someone or something in a new light?

Prayer:

God of wisdom, free me from judgments that narrow my understanding. Help me see with clarity, compassion, and openness to Your leading. Amen.

Day 5: Caring for Others Is Part of God's Call

Scripture: Matthew 1:24-25; James 1:26-27

Reflection:

Joseph expressed his obedience through care. He welcomed Mary, protected her, and named Jesus as the angel instructed. His faith took the shape of compassion. Scripture teaches that genuine faith is lived out through acts of care, especially toward those who are vulnerable or overlooked. Our daily choices, even the small ones, become expressions of God's love when we allow compassion to guide us. God calls us to serve with a heart that listens and responds.

Questions:

Who might need your encouragement or care this week?

How can your actions reflect God's love in simple, meaningful ways?

Prayer:

Loving God, help me live my faith through compassion. Show me how to care for others with gentleness and grace. Amen

Closing Prayer:

God who guides and speaks with love, thank You for the ways You meet me in quiet moments and unexpected places.

Teach me to listen with a trusting heart. Where I feel uncertain, calm my spirit. Where I am tempted to judge, widen my compassion. Where I hesitate, give me courage to follow Your leading. Shape me into a person who reflects Your mercy and carries Your love into the world. Amen.