

FEBRUARY 29 — LEAP YEAR INSERT

Spiritual Realignment Day

Leap Year Covenant Reflection



A Spiritual Formation Guide by

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Spiritual Formation • Biblical Depth • Pastoral Growth

FEBRUARY 29

Spiritual Catch-Up & Reflection Day

(For Leap Years Only)

Purpose of This Day

This day is not about adding more reading.

It is about:

- Slowing down
- Reflecting deeply
- Re-reading what marked you
- Strengthening obedience
- Realigning your heart

Spiritual growth accelerates when reflection increases.

Suggested Reading (Optional)

Choose ONE of the following:

- Psalm 119 (any 2–3 sections)
- John 15
- Romans 8
- A passage that impacted you most this month

You are not required to complete all.

This day is about depth, not volume.

Guided Reflection

1. What did God emphasize repeatedly this month?

2. What area of my life did the Word confront?

3. Where did I grow spiritually?

4. What patterns do I see in my prayer life?

5. What must change moving forward?

Extended Prayer Focus

Today, spend longer in:

- Thanksgiving
- Repentance (if needed)
- Rededication
- Covenant renewal

Pray:

“Lord, seal what You have planted in me this month.
Do not let the Word fall to the ground.
Establish obedience in my heart.”

Gratitude Inventory

List 10 things God did in your life this month:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Gratitude deepens revelation.

Reset & Realign

Before moving into March, declare:

“I will not drift.
I will not grow cold.
I will not lose focus.
The Word of God is taking root in me.”

FINAL ENCOURAGEMENT

Formation requires pauses.

Reflection strengthens conviction.

Conviction produces obedience.

Obedience produces authority.

This day is not extra.

It is strategic.

Website: <https://askglobalnetwork.org>