

Week 16

Reflection (Learning from life)

“Is not wisdom found among the aged? Does not long life bring understanding? – Job 12:12

“The heart of the discerning acquires knowledge” – Prov 18:15

Wisdom, understanding and knowledge are gleaned from life’s experiences only if we take the time to reflect on their lessons. Our thoughts, experiences, successes, and failures all play an important part in our growth process. One of the most important skills for accelerating our growth is the ability to reflect and learn from life. Everyday we have experiences, successes, and failures that could be used for growth...but often they simply fly by. Sometimes we intentionally try to deny and forget the mistakes of the day, or we excuse them by shifting responsibility onto someone or something else.

Reflection is the spiritual discipline of looking back over the days/weeks/months events and intentionally examining them to glean something that will help us in the future. We will follow a three-step process.

Step 1 – Recall Think back over the last several days/weeks/months and recall significant moments. What experiences seem to repeat? What incidents seem most relevant and important? What failures or embarrassments can you recall?

Step 2 – Reflect Choose one of the memories from step 1 and put it under a microscope. What happened? Why do you consider it important? Think about what you would like to learn from it. What attitudes, behaviors, habits, or thoughts contributed to the memory?

Step 3 – Remember Take the key lesson you identified in step 2 and create a proverb, a simple phrase or saying that captures the essence of the lesson.

This Week

- Find an opportunity to share your new proverb with a friend or your spouse. Ask them what they have learned from life recently.

Week 16

Apr 18-24

Sun	<i>What specific action can you do this week related to your growth goals?</i>			18
Hebrews (3)				
Mon	Num 26	Luke 11	Psa 76	19
Tue	Num 27,28	Luke 12	Psa 77	20
Wed	Num 29,30	Luke 13	Psa 78	21
Thr Earth Day	Num 31	Luke 14	Psa 79	22
Fri	Num 32	Luke 15	Psa 80	23
Sat				24