

The 5 Practices REFLECTING

Session Thoughts:

- Write down anything that was new, interesting or helpful to you.
- Write down anything you want to think or talk about further.

REFLECTING RELEASING RECEIVING RESISTING RESPONDING

Discussion Questions:

1. Sometimes referred to as contemplation or meditation REFLECTING has a long history within Christianity and outside of it. What are your initial thoughts regarding this practice?
2. Have you ever tried to engage in any type of REFLECTION or meditation? How did it go? What did you do exactly? What was the experience like? Would you describe it as positive or negative?
3. In the times when you have tried to REFLECT on the Lord through reading scripture, prayer or worship have you noticed barriers or distractions? How have you dealt with those?

Next Steps:

The point behind REFLECTION is to acknowledge and engage in a reality that we cannot see or sense. It is one we access by faith and trust. It is the way that the reality of God, who is Spirit, becomes more influential than the physical reality around us.

- This week take time everyday to stop and read Psalm 23 slowly, try taking a deep breath before you begin. Do nothing other than affirm to God that you believe what he says about himself, who you are and what he has promised to do for you. Allow yourself time to slow down
- Take note of the thoughts that arise, discard and move past the things you have to do that day and continue to press into the simple truths presented in the text. Don't just read them; affirm to God verbally that you believe them. We will discuss the outcome of this practice in your groups in two weeks.

If you need to talk further about anything discussed tonight your leaders have other resources and are eager to discuss these things with you.

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