

# TIME OF REFLECTION

Proverbs 4:23 - Guard your heart above all else, for it determines the course of your life.

Reflecting is a great way of guarding our hearts as it helps us shape the journey moving forward.

## Reflection

Definition: serious thought and consideration

“Looking back so that the view looking forward is even clearer” - Unknown author

Do you spend time reflecting on your past, present or future?

## 3 Ways to Reflect

1. Eyes glued to the past
2. Never looks back
3. Glances back

Which one of these describes you best?

## Eyes glued to the past

- If your eyes are glued to the rearview mirror, the only safe thing to do is pull over and stop.
- Likewise, if your eyes are glued to the past, you are so focused on those events and let them take over your present.
- No appreciation for the moments you experience today.
- No motivation to move forward.
- Once stuck, it's hard to break free.

Can you recall a time in your life when your eyes were glued on the past and it stopped you from moving forward? What helped you break free?

## **Never Looking Back**

- When you choose not to look back in the rearview mirror, you miss important things that could be happening right behind you.
- Likewise when you don't look back at all you can't learn from the past mistakes or successes.
- When you miss seeing past mistakes you are prone to repeat them
- When you miss your successes it is possible you will take a different route and leave the success behind not sure how you achieved it to begin with.

Can you recall a time in your life when you chose not to reflect on the past? What helped you to begin to reflect again?

“Without reflection, we go blindly on our way, creating more unintended consequences and failing to achieve anything useful” - Margaret J. Wheatley

## **Glancing Back**

- While driving we are taught to glance back in the rearview mirror, not to stay looking back or to stop looking back altogether.
- In life when we glance back it is for a purpose, we can evaluate what went well over the past year and what didn't.
- For the things that went well, we can keep those strategies going forward and stay on those paths.
- For things that did not serve us well, we can make course corrections and do things differently moving forward.

Can you recall a time in your life when you glanced back and how did that help you move forward?

“Self-reflection entails asking yourself questions about your values, assessing your strengths and failures, thinking about your perceptions and interactions with others, and imagining where you want to take your life in the future.” - Robert L. Rosen

## **Other types of reflection we should exercise**

(these are things we should glance at, make course corrections and move forward)

- **Things taught to us by God**

James 1:22-25 - But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

- **Things we learned from others**
- **Things we believe about ourselves (limiting beliefs)**
- **Thoughts and actions**

Psalms 139:23-24 - Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

- **Our values**
- **Our interactions with others**

Are these things a reflection of our true selves?

How can we change these things to be a truer reflection of who we are?

“Self-awareness gives you the capacity to learn from your mistakes as well as your successes.” - Lawrence Bossidy

Lamentations 3:40 - Instead, let us test and examine our ways. Let us turn back to the Lord.

## **Activation**

### **Time of reflection**

Think back over the past year.

What things have not served you well? Is there a way to course correct or do you need to let this go?

Make a plan on how you will course correct or let it go.

What things have gone well, brought success or breakthrough? How can you continue to bring these things forward into the future or maintain these things going forward?

Make a plan on how to carry these things into the next year.

Place reminders of these plans in places where you will see them regularly so you can ensure your reflection time is useful.

### **3 Keys to Remember**

- When reflecting only glance back do not remain there and don't forget to spend some time in reflection each year or for any major transition in life.
- Reflecting on your values, thoughts and actions can ensure that you are walking the path you want to.
- When reflecting hold onto the things that are working, and for the things that aren't either course correct or let it go.

Be honest with yourself as you reflect!

Romans 12:3 - Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.