

## Week 4: Personal Reflection Guide

*This guide is a chance for us to connect with God in the midst of a crazy season and to reflect on how moments from our past might still be affecting us today. As we sit in some past memories, we are believing that God will meet and heal us in the ways that we need. You can make a copy of this guide to take notes on if you'd like!*

1. On a sheet of paper, create a timeline of the significant moments of your life (i.e., what impacted you or altered the trajectory of your life):
  - a. Start with your early childhood (0-12).
  - b. Then your teenage through college years (13-22).
  - c. And lastly your young adult years (23-present).
2. As you look through these years and key moments, ask God to bring to mind some of the more difficult situations or memories that you faced and add these to the timeline as well if they're not already there.
  - a. What was it that made these moments so difficult?
  - b. What might have been at the core of the pain for you?
  - c. What did you learn through these moments or how did they impact you?
  - d. Do any common themes or threads emerge?
3. Ask God to highlight one key theme/thread to focus on today (or more if you have the time).
  - a. Since we'll be sharing in our small groups later, you might pick one that you'd feel comfortable sharing about. You might also pick one that you maybe haven't already spent a lot of time thinking about, unless you feel like God may be inviting you to go deeper into it.
  - b. We also recognize that some memories may be very painful and traumatic to recall so if you don't feel ready to tackle those, don't feel like you need to do that today. We'd also be happy to walk with you through these or to connect you with a mental health professional too.

4. With the key theme/thread or painful moment in mind:
  - a. When did this begin?
  - b. What happened?
  - c. How did it make you feel?
  - d. How did it affect your life in the immediate years following this incident?
  - e. How might this continue to be affecting you and how you engage with the world around you?
  - f. God, how do you see this theme?
  - g. God, how do you see me?
  - h. God, what is your truth for me today?