

Week 4: Personal Reflection

This lesson is designed to be done on our own. You might cancel lifegroup this week so that people have some extended time to sit with and engage deeply with God. You could also gather together at a park during the weekend to have a sabbath together even as you reflect on your own. If your group has the space for it, you might even set aside an entire Saturday where you can have personal time in the morning and then go over lesson 5 and share with each other in the afternoon. You can share this [Reflection Guide](#) so people can take notes in it if they'd like.

In the midst of all we've been through this past year, we want to pause to reflect on how moments from our past might still be affecting us today and even contributing to what feels especially hard. As we sit in some past memories, we want to invite God to meet and heal us in these places. 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 painful memories that you experienced and add these to the timeline as well:
 - 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, consider:
 - 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?
5. Then bring this to God:
 - a. Tell God how this incident made you feel.
 - b. Invite him to meet you in the ways you need.
 - c. Ask him what his truth is for you in light of this incident.