

Why Self-Reflection?

Re-read Psalm 139.

Self-reflection is a spiritual practice that facilitates an awakening to the presence of God and our true created self in God's image.

As you read through Psalm 139, what themes do you see emerging? What are the feelings of the author and how do those feelings affect their relationship with God?

Practicing Self-Reflection: our whole self before God

- **Stillness & Silence:** Stillness and silence are your foundation. Start with silence (5 min.) and reflect on the last 24 hours with your journal near.
- **Celebration and Confession:**

Celebration – Notice those places where God was present and where he seemed absent. Acknowledge those places where you experienced his goodness and be thankful. Thank God for his loving presence and goodness in your life.

Confession – Now, recognize those times when you were not like Christ. Without judging and berating yourself, allow God to show you what caused this. Confess to him and allow yourself to receive his merciful forgiveness.

How can you work this practice into your daily routine?

As you practice this way of reviewing your days, what have you noticed about God's presence with you?

In what ways did God's presence surprise you?

In what ways have you been able to celebrate your true created self and recognize them as good? What difference has this made in your life?

Sacred Space

Extended Resource #3 – Self-Reflection



Sermon Series by Micah Hobbs

www.altamesa.org