



## WHILE YOU'RE AWAY

# WK 2 - JULY 11

# REFLECT

## JESSE TINK, EXECUTIVE PASTOR OF LEADERSHIP

### INTRODUCTION

In the second week of our sermon series *While You're Away*, we're leaning into the opportunity summer provides to reflect on God and the life He's given us. Specifically, we're talking about what it means to reflect -- being mindful of God's faithfulness to you in the past so your mind and heart are changed in the present.

### DISCUSSION

1. Take a few moments to think about the last year (or several years). Look at what God's done and what He's doing. As a group, reflect on the phrase, "Even when things aren't great, God is still good."
2. In his sermon, Pastor Jesse shared that as he reflected over his grandmother's life, his life was *changed*. Consider a time when your life might have been changed by the practice of reflection. If not, consider why that might be.
3. Share with the group one time when your reflections on an experience or God changed your view of a situation or brought you closer to God.
4. Read Psalm 42 aloud. As a good practice, reflection involves thanksgiving and adoration. Using a popcorn prayer (one person at a time praying a sentence or phrase), have each person name something they're thankful to God for or fills them with adoration, awe or praise.

### TAKE ACTION

1. **Take a breath and be in the moment with God.** Whether you're on your way to work, putting a toddler down for a nap, out for a jog or on a lunch break, intentionally stop for a few minutes to just breathe and talk to God.
2. **Give yourself room for intentional self-care,** and schedule time to get away. Turn off the TV, silence your phone, hit up a coffee shop, find a trail to meander down or sit on your back porch...wherever you feel at rest. Listen to a worship song or read the Psalms or the last few chapters of the Book of Job. Stop and just listen. Rather than telling God what you need, reflect on all He's done and all He is.
3. If you struggle to stay focused during quiet time with God, have a notebook and pen handy to jot down any distracting thoughts. You can also use it as a journal to write down thoughts and prayers to God during your time with Him. Use this simple tool to help you reflect on the goodness of God.

### RESOURCES

1. [Get Out of Your Head: A 6-Session Study in Philippians](#) by Jennie Allen on [RightNow Media](#)
2. [Where Prayer Becomes Real: How Honesty with God Transforms Your Soul](#) by Kyle Strobel & John Coe
3. [Prayer: Experiencing Awe and Intimacy with God](#) by Timothy Keller