

Today we want to conclude our series!

We are looking at the last two letters of our Acrostic from the word **G-U-A-R-D!**

But first to RECAP:

- The **G** - is Grace!
- The **U** - is Understanding
- The **A** - is Attitude

R - Reflection

The word reflection means “careful consideration”, or “fixing the thoughts on something specific” through “meditation.”

The original meaning of the word was to “fold back” or uncover...therefore, reflection involves:

- Deep thought
- Consideration
- Contemplation
- Deliberation

2 Corinthians 13:5-6 NKJV “Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you are disqualified. But I trust that you will know that we are not disqualified.”

Spiritual Reflection would be doing this around the Word of God, your Vision and Purpose and what you are currently Trusting God with

Spiritual Reflection transforms us and helps us Guard what we sense God is doing in our Lives or when we can't see what He's doing and need to continue TRUSTING Him.

It keeps us in Grace and matures our faith!

- # Challenge: Reflection means Facing the truth and it can mark the beginning of a happier life!

2 Corinthians 13:5-9 MSG “Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it. I hope the test won't show that we have failed. But if it comes to that, we'd rather the test showed our failure than yours. We're rooting for the truth to win out in you. We couldn't possibly do otherwise. We don't just put up with our limitations; we celebrate them, and then go on to celebrate every strength, every triumph of the truth in you. We pray hard that it will all come together in your lives.”

REFLECTION is one of the things that can accelerate and deepen spiritual growth and the meaning of Scripture in our lives!



Matthew 7:3-6 NKJV "And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck from your eye'; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye. "Do not give what is holy to the dogs; nor cast your pearls before swine, lest they trample them under their feet, and turn and tear you in pieces."

Nobody can be set free from a problem until they're willing to admit they have one.

We must respect God's Word and guard against treating the Word with familiarity or contempt.

Whatever your problem may be, you must face the truth and assume personal responsibility.

The Bible says we must evaluate ourselves. That might seem daunting, but Jesus Christ is in you and can help you through any problems and issues.

REFLECTION requires 4 things of us:

a. His presence (Bible and Pray)
James 4:8 NKJV Draw Near

b. Stillness

THE STILL

On many British vessels when disaster strikes, "the still" is sounded. This signals people to pause a moment and figure out the wise thing to do. Panic, sailors feel, can be avoided if "the still" is observed.

God gives us similar advice. Rather than panicking when crisis comes, we are to be still, reflect and let God know we are TRUSTING HIM.

Psalms 46:10 NKJV "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!"

If we are not still only in times of trial, we can miss what God is trying to say to us.

If we are not still in times of no trials, we can miss God preparing us.

Poems are not written on busy street corners, and symphonies are not composed in crowds. Aloneness is necessary for creativity and spiritual growth.

c. Meditation
(Deep honest thought on God's Word)
Joshua 1:8 NKJV Day and Night

d. Journaling (write it down)
Habakkuk 2:2 NKJV

Here are a few other reflection practice ideas for you to ponder.

Daily Reflection Grab a Cup of Coffee, Perform a quick once-over of your activities, encounters,



thoughts, feelings, and motives before you start your day or retire each night.

A.A. Step 10: "Continued to take personal inventory and when we were wrong promptly admitted it."

- What did you do right today
- Where could you have done better?
- These questions help you take a step back from the microscopic day-to-day goings-on to examine your heart and conscience.
- Areas of your life that need attention and unproductive habits become clearer, and you are able to confess your failings to God and ask for forgiveness.

Not a berating self condemnation but a receiving of God's Love as you get ready to start or wash away the day!

Weekly Reflection Set aside a specific time on Sunday to look back at the week just ending.

Did you enjoy a few personal victories at home, work, or school?

Are there areas in which you feel you came up a bit short when you remember the goals you set for last week?

What can you do differently, starting tomorrow morning, to help yourself have a more productive, loving, and empowering new week?

Add fuel to the fire by setting a weekly challenge for yourself:

Choose something that's doable, but it must push you to act out of your comfort zone and test your resolve:

How about:

- I'll help someone this week, who cannot repay me
- I'll hold my tongue and not whenever complaining
- When people ask how I am, I'll reply "I'm doing Well, but I'm going to get better!" and mean it.

On the go Reflection This means being a bit more flexible with your reflection time.

You may do better Reflecting while you take a walk along the beach.

Some of us are more innovative when we get outdoors

Specified Reflections When we go through things or are facing a decision and need clarity, wisdom or direction.

My MOTIVES: Why do I really want to do this

My ATTITUDE: How am I really approaching this

My PURPOSE: How will this affect my Purpose and Mission

My VALUES: Guard-rails that protect my heart and choices

Our Church Values: Service, Excellence, Bible-based, Growth and Love

G-U-A-R-D

D - Diligence

Proverbs 4:20-27 NKJV "My son, give attention to my words; incline your ear to my sayings.



v21 Do not let them depart from your eyes; keep them in the midst of your heart;
v22 For they are life to those who find them, and health to all their flesh.
v23 Keep your heart with all diligence, for out of it spring the issues of life.

v20 Focus on the RIGHT things

v21 Eliminate DISTRACTIONS

v22 Develop a VISION that grabs you

Diligence for Kids: <https://youtu.be/U9vzEgsOC64>

Proverbs 12:24 NKJV The hand of the **diligent** will rule, while the slothful will be put to forced labor.

Diligence for Adults: <https://youtu.be/yt74WVodczl>

2 Peter 1:5 NKJV "But also for this very reason, giving all **diligence**, add to your faith virtue, to virtue knowledge,"

spoo-day'

To make "speed", that is, (by implication) to despatch: eagerness, earnestness and enthusiasm in GUARDING YOUR HEART!

Psalms 37:4 Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

co: **Heart** ab: **Think**: The pictograph l is a picture of the shepherd staff representing authority, the b is a picture of a tent representing what is inside. Combined these mean "authority inside". The consciousness of man is seen as coming from deep inside the chest, the heart. Thirst as an Inside desire for water. (eng: life; love; liver - the seat of passion; lava)

4:23 Verses 23-27 are the OT counterpart of Rom 12:1. They beseech us to present our entire beings to God—heart, mouth, lips, eyes, and feet. God begins with the inner man, then works outward. The **heart** is first. It speaks of the inner **life**, the mind, the thoughts, the motives, the desires. The mind is the fountain from which the actions spring. If the fountain is pure, the stream that flows from it will be pure. As a man thinks, so is he. So this verse emphasizes the importance of a clean thought life.

Deuteronomy 5:29 NKJV "Oh, that they had such a heart in them that they would fear Me and always keep all My commandments, that it might be well with them and with their children forever!"

Let God be your God and stop trying so hard....REST

Hebrews 8:10-12 NKJV "For this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put My laws in their mind and write them on their hearts; and I will be their God, and they shall be My people. None of them shall teach his neighbor, and none his brother, saying, 'Know the LORD,' for all shall know Me, from the least of them to the greatest of them. For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more."



Prayer Starter: Holy Spirit, I don't want to live in denial and fear of my problems. I choose to evaluate myself and get to the bottom of these issues because I know that You can help me work through them to have a happier life.

SALVATION PRAYER:

(Romans 10:8-10)

Father God, Thank you for sending Jesus to die on the cross for my sin, I Believe in Jesus today and invite Him into my heart, I receive Your forgiveness, Thank You God for saving me.

