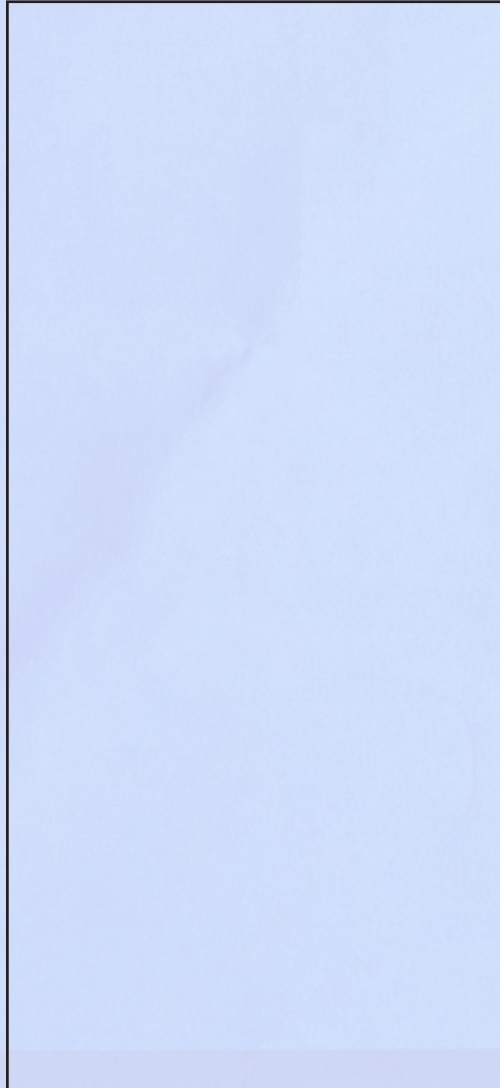


# REFLECTING ON YOUR CIRCUMSTANCES

## WHAT IS TRUE?

- The facts, not speculation.
- God is good, I am loved.
- I've been here before.




## WHAT IS UNKNOWN?

- The diagnosis.
- Their motives.
- God's plan.



## WHAT IS UNTRUE?

- I'll never recover.
- I must fix this on my own.
- I can't tell anyone.





# INSTRUCTIONS

**Reflection or reflective prayer** is a powerful practice that the Holy Spirit can use to bring insight and transformation to our lives. The heart of reflective prayer is to connect with the Lord. This exercise **helps a disciple to share with the Lord** what is going on in a life circumstance that they find challenging or perhaps overwhelming.

Reflective prayer **begins with asking the Holy Spirit** to lead and direct your thoughts and to bring to mind insights and truth. Before you begin, consider praying something like this, “Jesus, **thank you for being a loving and faithful Savior**. I believe that you are good and that you are for me. **Please help me now** in this time of reflective prayer to be led by your Holy Spirit and to feel your presence.”

## WHAT IS TRUE?

- The facts, not speculation.
- God is good, I am loved.
- I’ve been here before.

Column 1

## WHAT IS UNKNOWN?

- The diagnosis.
- Their motives.
- God’s plan.

Column 2

## WHAT IS UNTRUE?

- I’ll never recover.
- I must fix this on my own.
- I can’t tell anyone.

Column 3

**In column one**, prayerfully and thoughtfully write a list of *what you know to be true* about your circumstance. *Avoid writing speculations, stick to the facts.* Then write what you know to be true about God and yourself. As you write about yourself it can be helpful to reflect on the way you handle stress or how your personality can impact your perspective.

**In column two**, write a list *what is unknown* about your circumstances and the people involved in them. It’s helpful to write out what is unknown or uncontrollable about your circumstances because *it can lead to turning that over to God* who does know and is in control.

**In column three**, write a list of *what is untrue*. The content for this list typically comes from the inner narrative or story you’ve been telling yourself in your mind. *This is a list of the lies you are telling yourself.* Ask the Holy Spirit to help you with this. Some of the lies you begin to hear in your mind might surprise you. Write them down. Most of these lies create in us negative emotions like, fear, anxiety, anger or depression.

**Once you’ve finished** your lists, review them and *ask the Holy Spirit to direct your attention* to any items that He wants you to focus on. Ask, “Why does that stand out?” be patient and sit with that question for a while. It can be very helpful and encouraging to compare what you know to be true to what is unknown or untrue.

**Finally**, *share your experience* and insights from the exercise with another disciple that you respect and trust. Ask them for their insights and pray with them about what God might be inviting you to do next.