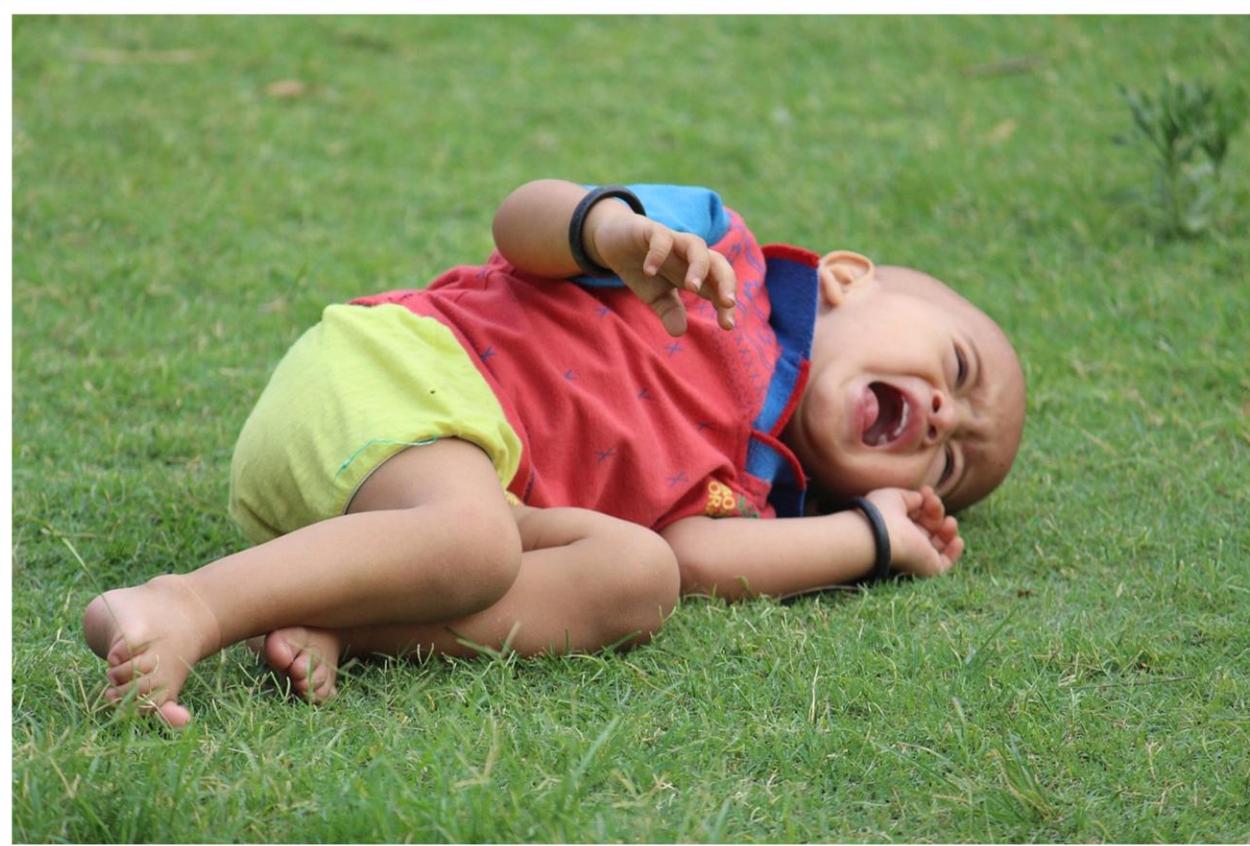


# What brought you joy over break?



How are you feeling heading back?



good

hard



Starting 2026  
with Reflection

# Personal Reflection Mini-Retreat

This Saturday, Jan 10  
1pm - 4pm



**[VCCLife.org/announcements](http://VCCLife.org/announcements)**

# Reflecting back with God

- Seeing God at work in your past, so that
  - Participate more fully with God in the present
  - Hear God more clearly for the future

**Psalm 119:59 (NIV)**

I have considered my ways  
and have turned my steps to your statutes.

**Proverbs 29:18 (MSG)**

If people can't see what God is doing,  
they stumble all over themselves;  
But when they attend to what he reveals,  
they are most blessed."

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**Proverbs 29:18 (MSG)**

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But **when they attend to what he reveals**  
they are most blessed."

Psalm 119:59 (NIV)

I have considered my ways  
and have turned my steps to **your statutes.**

I have thought about the way that I live.

I have decided to return to **your teaching.** (EASY)

When I think of your ways,

I turn my feet to **your decrees;** (NRSVUE)

When I think on my ways,

I turn my feet to **your testimonies;** (ESV)

# Reflecting back with God

- A Long-arc kind of spiritual practice
  - Look back *over time* at your life with God
  - Your ways align ever more with his ways *over time*

# Let's Practice Together!

good

hard

# Let's Practice Together!

1. Center on God
2. First Remembering: “The good stuff”
3. Second Remembering: “The hard stuff”
4. Ask “What do you want me to know?”

# 1. Center on God

## 2. First Remembering: “the good stuff”

- 1-3 things you are grateful for
- When did you have the deepest sense of connection with God, others and yourself
- In what moments did you feel most alive or yourself?
- What were times you experienced an increase of the fruits of the spirit? (*love, joy, peace, patience, kindness, goodness, faith, self-control*)

### 3. Second Remembering: “the hard stuff”

- 1-3 things that were awkward, difficult or frustrating
- When did your connection with God, others or yourself seem absent?
- In what moments did you feel least alive or like yourself?
- What were times you experienced an absence of the fruits of the spirit? (*hate, despair, restlessness, impatience, meanness, evil, discouragement, self-indulgence*)

## 4. What do you want me to know?

- Ask God, then wait for his response
- Write or draw anything that comes to mind

## 5. The invitation

- Tell **someone** about your reflection this morning
- Join us at the Personal Reflection Mini-Retreat



More info @ [VCCLife.org/announcements](http://VCCLife.org/announcements)