

Looking Inward / Growing Upward

Spiritual Reflection

We live in a world filled with noisy static, voices from the media, unwanted pressure from the workplace and all kinds of distractions from Social Media and technology.

In all this plus the hustle and grind going on it can be easy to slip away from God and not even realize it, (Exactly My Experience). Spiritual reflection is an intentional act of slowing down and getting away from all the noise. Inviting the Holy Spirit to join us in the examination of our lives and to speak into our hearts. These moments are essential for our spiritual growth, healing, direction and transformation.

Psalms 46:10: Be still and know that I am God.

The Call To Be Still: God isn't going to compete with all the noise going on in our lives. He speaks in the stillness.

Spiritual reflection is all about being still, not just physically, but mentally and spiritually.

Application: Set aside some time every day, even if it's just 10 minutes a day. Disconnect completely from the world and reconnect with God.

Heart Examination: God requires the absolute truth from us, from the inside out. Spiritual reflection helps us face and deal with what's really going on inside of us. Our fears, anxieties, motives and sins. Let's model David and ask God to search us, not our friends and family.

Reflection Questions:

1. What might I be holding on to that God wants me to let go of?
2. Are my priorities aligned with God's will?
3. Is there any unforgiveness in me or does anyone need forgiveness?

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The Role of the Holy Spirit:

John 16:13: When the Spirit of truth comes, He will lead you in all truth.

We don't enter into Spiritual reflection alone; we ask the Holy Spirit to reveal what we can't see and give us the grace to change it. There is no condemnation in the Holy Spirits' way.

Reflection Towards Transformation

True reflection leads to action. We shouldn't reflect just to feel something, we reflect to become someone better. More like Jesus.

Conclusion: Spiritual reflection is not about blame or guilt, it's about growth. When we look inward, we don't want to stay there. It's about looking inward so we can move upward. Let God visit you in your quiet place and shape you into who He is calling you to be.

Have a blessed day, from Lite Winds