

# REFLECTION GUIDE

**SEPTEMBER 27**



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# REFLECTION GUIDE

FOR FAMILIES, INDIVIDUALS, & SMALL GROUPS

## REFLECT.

1

When's the last time you had a meal that not only tasted good, but made you FEEL good after you ate it? Talk about a time when you were physically hungry and then were filled. If "you are what you eat", as they say, then what are you?

2

What kind of "food" have you been filling yourself with during this time of transition and turmoil? The bad food of complaining and nostalgia, romanticizing the past? The good food of praise and trust, remembering God's last act of goodness in your life, walking into God's future for you? (Or some of both?)

3

*"At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God..'" (Exodus 16:11)*

*"God is in the business of meeting our needs. Just you watch... If we can trust God then, we can trust God now, and we can trust God for our future." (Bishop Wright)*

What was God's last act of intervention and blessing in your life, the last thing you praised God for? Describe those moments in detail: where were you, how did it feel, what do you remember seeing, smelling, tasting, hearing? Who was around you? How did you celebrate?



# IMAGINE.

*“Everyday we are given the opportunity to prove with our words and actions what we say is real...When you have half a step more faith, half a step more courage, are half a step more willing to give God the victory, the triumph, even in this transition...”*

## 1

What does that look like in your life? Imagine it in vivid detail, and take some time to describe it with words (out loud or in a journal or draw a picture and explain it to someone). Describe how you will be thinking, feeling, and what you will be doing when you are trusting God’s triumph and provision.

## 2

What does your life look like when your words and actions prove to others that God is real to you, when others see God shining through you?



# EXPRESS.

*What do you want to GIVE God in this time of transition? What hunger has been met previously that you can go back and give God praise now?*

*Psalm 23 talks about God providing for our hungers (cups running over) and setting a table in the midst of hardship (vs. 5). The song "I Shall Not Want" picks up on that theme: "When I taste your goodness, I shall not want."*

*Psalm 40 says God "put a new song in my mouth, a hymn of praise" (vs. 3)*

## **EXPRESS YOURSELF TO GOD.**

Taste God's goodness: eat the good food of praise and trust, the food that satisfies hunger. Even now God is bringing the triumph in your transition and turmoil. Even now God is planning the blessing, is working to satisfy all of your needs. Give God praise. Express that. Sing, dance to your favorite praise song. Shout. Jump. Open your hands. Lift your arms. Use your body to express yourself. Sit. Cry. Draw. Walk in creation or lie in the grass.

## **GO NOW AND GIVE GOD YOUR BEST EFFORT.**

Forgive someone because God is worthy of that effort, and God has forgiven you. Love someone who is hard to love because God is worthy of that effort, as God has loved you. Bless someone, meet the needs of others, knowing that God is in the business of providing for our needs, and often it is through you!

