



Week #2

Making Space for Self-Reflection

Search me, O God, and know my heart; test me and know my thoughts. See if there is any hurtful way in me, and lead me in the way everlasting. *Psalms 139:23-24*

Where have I felt joy today?

What has caused pain in me today?

What has challenged me today?

Where and when did I pause today?

Have I noticed any of God's presence in any of this?

Are there recurring themes around my joy, pain and challenges?

Who can I share my discoveries with?