



James 1:23-25

²³Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror ²⁴and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.

THE LEARNING CIRCLE: REFLECT

We can learn a lot by asking good questions.

The why questions are usually the hardest.

The best questions: Asking ourselves why!

Jesus asked: Why do you worry about food, drink & clothes?
Matt. 6:25-34

We need "time outs" to think and reflect.

Some questions to ask ourselves:

Why Do I....

act that way?

Get so upset?

say those things?

Am I being.....

Selfish?

Prideful?

Unjustly angry?

What am I believing

About myself?

About others?

About God?

Are all these things true according to God's Word?

God's Word is like a mirror,

to see into our heart.