



Doggy Bag: *Something to Chew On and Ponder Throughout the Week*

1. “We do not learn from experience; we learn from reflection upon experience.” How do you respond to this statement?
2. How do you respond to the challenge of keeping a pilgrim journal?
3. What place does solitude and silence have in your present way of life?
4. In what ways do you share your spiritual journey with others?
5. This week, experiment with keeping a journal and practicing solitude. What was the outcome? Have these practices made you more aware of God’s presence in your everyday life?



Reflecting On Our Experiences

Ephesians 4:29 - 32 (NIV)

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“We do not learn from our experience, we learn from reflection upon our experiences.” - Rev. Trevor Hudson

Consider: Do you value and practice the discipline of reflecting on your daily experiences?

“Be still and know that I am God.” Pslam 46:10a

HERE IS THE TRUTH: Your experiences that are un-reflected upon will seldom yield life-giving change!

How much do you give away of yourself without replenishing?

OUTPUT	INPUT

Some Biblical Examples of People Who Took Time To Reflect

- Moses' sheep tending gave ample time to reflect (Exodus 3)
- David laid down in green pastures to consider God's goodness (Psalm 23)
- Mary pondered God's mystery and "all these things" in her heart (Luke 2:19, Luke 2:51)
- Peter wondered about the vision being given (Acts 10:17)

Three particular activities are of value in facilitating a reflective life:

- **Keeping a journal in which you ask yourself:**
 1. What did I do today?
 2. What encounter made the deepest impression on me?
 3. What are my thoughts and feelings about this encounter?
 4. What actions of hope and obedience did I see?
 5. What do I sense Christ saying through my day's experiences?

- **Structuring a daily time for silence and solitude.**

"Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the 'tent of meeting'... The LORD would speak to Moses face to face, as a man speaks with his friend. Then

Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent." (Exodus 33:7, 11)

"At once the Spirit sent [Jesus] out into the desert, and he was in the desert forty days, being tempted by Satan. He was with the wild animals, and angels attended him." (Mark 1:12-13)

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." (Mark 1:35)

"Jesus often withdrew to lonely places and prayed." (Luke 5:16)

Jesus said to his disciples and a crowd of people: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30)

- **Sharing our experiences with one another.**

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body...

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Eph. 4:25, 29)

BOTTOM LINE:

We are more likely to grow in Christ if we take time to reflect upon our experiences. Genuine repentance and faith immerse us as disciples into a common life with others on this same path.

³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph. 4:31 -32)

COMPASSION CHALLENGE: Participate in the first Pilgrimage of Pain and Hope with the students of BrightCare Center on Monday, March 30.