

## Learning through Reflection

If you have been following these devotions, you know that we just completed a 14 Chapter series from Pr. Fred Castor called Unleashing God's Power. I hope this series has been inspirational as well as educational for you.

Before you chalk this up to a lovely experience and move on, I invite you to pause and reflect with me.

A seminary professor of mine once pointed out that the only way adults learn is if they take the time to reflect on things that have happened. Without reflection, we simply keep repeating old patterns. When we do reflect, we remember what happened and ponder what we've learned and how we have been changed by that experience. It is in these reflections that we appreciate new information and identify ways to integrate it into our lives. Thus, we only really grow in our relationship with God when we take time to intentionally reflect upon that relationship.

With that in mind, I invite you to reflect upon this series using any or all of the following questions. I encourage you to go beyond simply thinking about them for a few minutes. Instead, take a little time to write out your responses - even a few words on some paper. It is amazing how something that seems clear in your head reveals itself as half-baked when you try to write it down. By writing, you will flesh out your thoughts making the lessons more concrete.

1. What was your primary "take away" or "lesson learned" from these writings?
2. What in these writings surprised you?
3. What did you find affirming and why?
4. What did you find challenging or intriguing and why?
5. Fill in the blanks of this sentence: "I used to \_\_\_\_\_, and now I \_\_\_\_\_."
6. Who might you share these writings with so that they can benefit and you can explore your faith together?
7. What would you like to study, explore or try next? *This will help me pick materials and formats that will be the most helpful.*

Once you have reflected, consider sharing what you have learned with someone else to really bring home your insights while also building up someone else.

According to Facebook, about 60-80 people have been reading Fred's writing each day. That is nearly as many people as we have on a typical Sunday.

I wonder if some of you might be interested in talking with one another about these writings and other things that have touched your heart and stirred your spirit. I wonder what would be the best forum for such conversations. Would it be a new small group? Could it happen in the neighborhood groups that KOG is about to form?

These are things to explore. My primary prayer right now is that you do take the time to reflect and explore ways to live into your deepening relationship with God.



dd a section