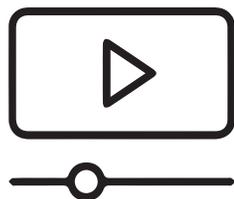
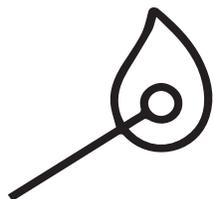


Reflection - discipline five in our spiritual formation series

HOW TO GET STARTED.



SPIRITUAL FORMATION THROUGH REFLECTION

This quarter, we will focus on becoming more like Jesus through the intentional practice of Reflection. Included in this practice are the classic spiritual disciplines of self-examination and discernment. **Our hope is that through this, you will be formed by the Spirit into a person who is attentive to God's presence with you each day and can begin to think with God about your days, your circumstances, and your life.**

Spiritual practices are a means of being with Jesus so that we become more like him, are transformed through His Spirit into His image, and ultimately are able to do what He calls us to do. To be with Him is an end in and of itself. In His presence is fullness of joy! (Psalm 16:11) Yet, the result of being with Him is that we will be changed and enabled to live as He created us to live this life. This quarter's practice of Reflection is an opportunity to better engage God's presence with us throughout our days and be moved towards gratitude and joy. It is also an opportunity to cultivate a daily rhythm of seeing where we both spurn God's presence and heed His invitation to confession, repentance, and rest in the assurance of His forgiveness.

Like the previous formation guides, this guide is broken into **four parts** for you to work through sequentially in community, on your own, and with your DNA group. **Each part builds on the previous one and will help form you into a person who knows you are both fully known and fully loved by God and are able to reflect with Him on each day, leading to gratitude, joy, confession, and transformation.**

Part 1: Reflecting on God's Presence with Us & the Examen of Consciousness

Part 2: Reflecting on Our Life & the Examen of Conscience

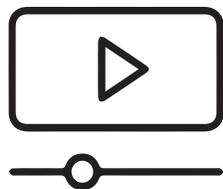
Part 3: Discerning with God

Part 4: Reflection in Community

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Reflection - discipline five in our spiritual formation series

HOW TO ENGAGE WITH THIS PRACTICE



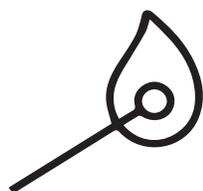
Learn Together through a Sermon

Each quarter includes learning together in our Sunday gathering about a spiritual formation practice. This sermon sets the foundation and if you miss it, please take time to watch or listen. This foundation sermon, preached on Sunday, January 10, 2021, is available on the Doxa website and app.



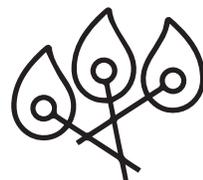
Missional Community (or DNA Group) Discussion

Using the Reflection Guide, you will work through four parts over the quarter to help you learn about this practice in more depth with your community. Just follow the prompts. Start here before jumping into the individual practices. If you are not currently meeting as a missional community because of COVID, you can also engage in this discussion with your DNA group.



Individual Practices

After discussing the practice with your Missional Community or DNA group, you're invited to try exercises on your own. Don't worry about getting it right or being perfect, just try to work through the practice and take note of what was hard, what you enjoyed, and what God was teaching you. You will then talk about what God is showing you with your DNA group.



DNA Group Reflection

After you have experienced these practices yourself, your DNA group will meet to reflect on this experience and what God is teaching you through the process. Use the provided questions to guide your DNA conversation, but feel free to let the conversation go beyond these.

BOOKS

ON
SPIRITUAL
FORMATION

Invitation to a Journey
The Spirit of the Disciplines
Hearing God
Celebration of Discipline
Sacred Rhythms
The Ruthless Elimination of Hurry
The Other Half of Church
The Spiritual Disciplines Handbook

Robert Mulholland
Dallas Willard
Dallas Willard
Richard Foster
Ruth Haley Barton
John Mark Comer
Jim Wilder & Michel Hendricks
Adele Ahlberg Calhoun

ON
REFLECTION

Discernment:
Reading the Signs of Daily Life
Liturgy of the Ordinary

Henri Nouwen
Tish Harrison Warren