

“Virtues to Live by”

Before You Begin – An overview for teachers

Reflection

Definition

You take time to think about what you have done to learn about what went well and what you could have done differently or better: you think carefully about your actions to see how you can become a better person.

Biblical sources:

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” (Romans 2:2)

“Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye?” (Matthew 7:4)

“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (Joshua 1:8)

“Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realise this about yourselves that Jesus Christ is in you?” (2 Corinthians 13:5)

“The Lord is my light and my help.” (Psalm 26:1)

“Let us examine our ways and test them, and let us return to the Lord.” (Lamentations 3:40)

Why do we practice reflection?

Taking time to reflect enlarges our vision: it enables us to see ourselves, others and the world as God sees. Reflection is a source of spiritual growth and is closely allied to wisdom and prayer. Reflecting enables us to appreciate our gifts, achievements and good choices and can show us the importance of gratitude.

How do we practice reflection?

Giving space simply to be quiet and still so that we can focus on something that asks for our attention whether a feeling, decision, a text or story from scripture is a way to learn the power of reflection. Thinking about what we have done or not done or about our work and what we have achieved or how we can make it better is a way to grow in our capacity to reflect.

Key Words:

Reflect, reflection, think,

Signs that you have the capacity of Reflection:

I can sit quietly and think

I can be still

I can reflect on the beauty of God's world and creation

I can reflect on my achievements and what I have done well

I can reflect on the good choices I have made

I reflect to see myself as God sees me.

Reflection Questions:

When was the last time you took some time to reflect on what is important?

What's the connection between reflection and gratitude?

In what ways does reflection enlarge your vision?