

6.7- Reflecting

Read and reflect on the following

Reflecting on our experiences offers the potential for insight and clarity that we cannot hope to attain in the moment. Hindsight may not always be 20/20, but it certainly leans further in that direction. A helpful piece in developing our own ability to be discerning comes from a habit of reflecting on our past experiences. The lessons we can learn are things we can take with us into our future endeavors.

Being wise enough to learn from the past can aid us in being wise in the future.

Reflection gives us the benefit of slowing down that we have often pointed out is in short supply. Reflection is a pause, a stilling of the ripples so that we can more clearly see what lies underneath. Reflecting can let us be quiet enough to hear the things we have avoided acknowledging for too long.

We might not always know what God is about to do, but we have a better chance of recognizing what God has already done.

May our reflective lives bring us peace, understanding, and wisdom.

Listen to and reflect on the following

[Reflecting](#)

Put the following into practice

Make a journal entry reflecting on a) your particular experience while fasting, and b) your overall experience participating in these spiritual practices over the last months. If you regularly keep a diary or journal, this can simply be your entry for the day. If this is not a habit you have, then take this as a one-off endeavor to aid in your reflection.