



new life fellowship

Sermon Title: Self-Reflection in a Culture of Self-Absorption
Speaker: Sherin Swift – Connections & Equipping Pastor
Scriptures: Psalm 139:23-24

Psalm 139

23 Search me, God, and know my heart;
test me and know my anxious thoughts.
24 See if there is any offensive way in me,
and lead me in the way everlasting.

Sermon Summary:

This Sunday, Pastor Sherin continues our Slow Motion series by exploring how self-reflection is a critically important part of our prayer life and how it opens up space for transformation.

Sermon Questions:

1. Read Psalm 139:23-24. In the Psalm, David asked God to test and examine him. If you could ask God for anything, what would it be?
2. How do you feel about the topic and practice of self-reflection? Do you think it is important to self-reflect and why?
3. Pastor Sherin gave us four principles about self-reflection:
 - 1) We cannot fully know ourselves on our own
 - 2) Self reflection is slow work done over a lifetime
 - 3) Self-reflection is intentional work done prayerfully
 - 4) We can influence the world for the better, but it starts with us

What did you learn from these principles? Which one is the most difficult for you to live out?

4. How was your experience of practicing the Examen during the message? What did you notice about yourself and/or God?
5. Take time to practice the Examen personally or with your small group right now and in the week ahead.

Self Examination in 4 Movements:

- 1) Welcome God's Presence- Ask him to guide your time.
- 2) Consolation- Review your day for moments of joy, peace, wholeness, closeness to God. Give thanks.
- 3) Desolation- Review your day for moments of disconnection, apathy, sorrow, anger.
- 4) Response- What do you need to confess? Where do you need grace?