

DAY 14 - REFLECTING ON THE WEEK



1 Corinthians 9:24–27 (CSB)

“So I do not run like one who runs aimlessly or box like one beating the air. Instead, I discipline my body and bring it under strict control...”

Psalm 90:12 (CSB)

“Teach us to number our days carefully so that we may develop wisdom in our hearts.”

Discipline takes root when we pause long enough to reflect.

Spiritual formation does not happen simply because we exert effort. It happens when effort is examined, aligned, and sustained. Reflection is where discipline moves from momentary resolve to lasting habit.

Over the past week, you have explored what it means to *do the work* of faith—not as self-improvement, but as faithful response to God’s grace:

- Letting **Scripture** define the call
- Using **Prayer** to align effort
- Practicing **Worship** as sustained discipline
- Choosing **Focused Obedience**
- Doing the work in **Community**
- Working for an **Eternal Prize**

Each of these practices requires intention. None are maintained accidentally. Reflection allows us to recognize where God has been shaping our desires, correcting our focus, and strengthening our resolve.

Psalm 90 reminds us that wisdom grows when we number our days—when we remember that time, energy, and attention are gifts entrusted to us. Reflection helps us steward those gifts well. It guards us from drifting back into aimless effort or reactive faith.

This day is not about evaluating success or failure. It is about cultivating awareness. God often does His deepest work not in intensity, but in attentiveness.

Guided Reflection Practice

Practice honest assessment before moving forward.

Set aside **15–20 minutes** for this time. Choose a quiet place and resist the urge to rush.

Reflection Steps

1. Slowly reread 1 Corinthians 9:24–27.
2. Ask God for clarity without condemnation.
3. Work through the questions below with openness and honesty.

Reflection Questions

Looking Back

1. Which practice or theme from this week felt most challenging? Why?
2. Where did you sense resistance—internally or externally—to discipline?
3. What moment or insight stood out as particularly meaningful?

Looking Within

4. What patterns of effort or avoidance became clearer this week?
5. Where do you tend to run aimlessly or expend energy without purpose?
6. What motivates your discipline most right now—fear, desire, or devotion?

Looking Ahead

7. Which discipline do you sense God inviting you to practice consistently?
8. What support or structure would help sustain that practice?
9. How might this discipline shape your faith in the months ahead?