

DAY 7 — REFLECTING ON THE WEEK



Hebrews 12:1–3 (CSB)

“Let us run with endurance the race that lies before us, keeping our eyes on Jesus... so that you won’t grow weary and give up.”

Psalm 77:11–12 (CSB)

“I will remember the LORD’s works; yes, I will remember your ancient wonders. I will reflect on all you have done and meditate on your actions.”

Endurance is strengthened when we pause to reflect on how God has been shaping us.

Runners do not train well if they never stop to assess their progress. Reflection is not a break from formation—it is part of formation. Throughout Scripture, God’s people are repeatedly called to remember, reflect, and rehearse what God has done in order to remain faithful in what lies ahead.

Over the past six days, you have explored what it means to run the race of faith with intention:

- Being grounded in **Scripture**
- Practicing honest **Prayer**
- Drawing strength through **Worship**
- Fixing your eyes on **Jesus**
- Living faithfully in **Community**
- Running with **Mission** and purpose

Each of these practices is not a one-time decision but a rhythm meant to shape a lifetime of faith. Reflection allows these truths to move from momentary insight to lasting transformation.

Psalm 77 reminds us that remembering God’s work fuels perseverance. When we take time to name where God has challenged us, encouraged us, or redirected us, we build spiritual awareness. Reflection guards us against spiritual amnesia—the slow forgetting that leads to drifting hearts.

This final day is not about doing more. It is about **not losing what God has already been doing**. Reflection helps us recognize growth, identify resistance, and discern next steps. It allows us to run the race not reactively, but intentionally.

Guided Reflection Practice

Set aside **15–20 minutes** for this reflection. Do not rush.

Reflection Steps

1. Slowly reread Hebrews 12:1–3.
2. Ask God to bring clarity, not pressure.
3. Work through the prompts below honestly and prayerfully.

Reflection Questions

Looking Back

1. Which day or theme challenged you the most? Why?
2. Where did you sense God inviting change, surrender, or trust?
3. What surprised you about your own responses during this week?

Looking Within

4. What “weight” or distraction became clearer as you reflected?
5. Which core value feels most underdeveloped in your life right now?
6. Where did you experience renewed strength or focus?

Looking Ahead

7. What would it look like to continue practicing one of these disciplines intentionally?
8. What might God be calling you to release, pursue, or strengthen as you continue running?
9. Who could walk with you in this next season of the race?

Write freely. This is not about polished answers—it is about honest awareness.