



REFLECTIONS

Using the Mirror of God's Word
to Understand Our Hearts



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INTRODUCTION TO REFLECTIONS

Reflections is an interactive study created to help you dig deeper into the matters of your heart. Just as a mirror shows us what we look like, God's Word shows us what's in our hearts. This book is designed to encourage discussion of these issues in a safe space. The format is a discussion on the topic, a passage from the Bible related to it, and a final response question. Simply click the story reference and you will be directed to the passage online. Each story is accompanied by an image to help you better connect with the content. There are also additional verses listed for optional further reading.

Ideas for conducting this study:

This study can be done in multiple settings—in one-on-one meetings or in groups. For larger groups (above 10), it's recommended to split into groups of 2-4 to discuss each question.

In group settings, you can begin with an ice-breaker game to get people comfortable interacting before diving into deeper discussion.

The topics do not need to be covered in any particular order, so feel free to choose based on what is most relevant to you and your group.

SHAME

The Prodigal Son

Shame is the painful result of becoming aware of our own wrong or foolish behavior. It can make us want to run and hide or try to cover it up. However, our efforts at getting rid of shame are often fruitless.

DISCUSSION QUESTIONS

1. What causes shame (in general and/or in your own life)?
2. How do you deal with your shame?
3. What would change if you could be free from all your shame?

READ LUKE 15:11-32

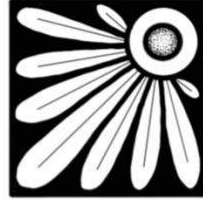
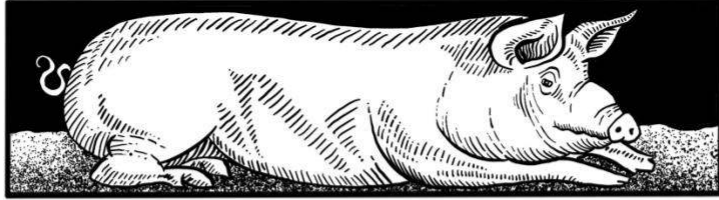
1. What happened in the story? Give a short summary.
2. What does this passage say about God?
3. What does this passage say about Man/people/ourselves?

RESPONSE

The father's response to his sons in this story represents Jesus' response to us when we trust in him. Will you confess your wrongs to him and accept his unconditional love for you?

Additional Reading

Psalm 34:5



ANXIETY

Jesus Calms the Storm

We all experience fear and anxiety at different points in our lives. It can be irrational or have a legitimate cause. Either way, we all desire peace when those feelings of fear and anxiety come.

DISCUSSION QUESTIONS

1. What makes you feel scared or anxious?
2. How do you respond when you feel this way?

READ MARK 4:35-41

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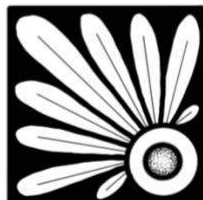
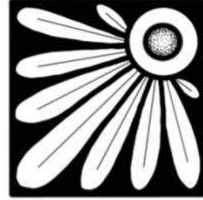
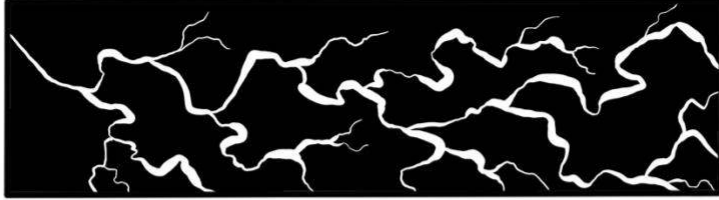
RESPONSE

The father's response to his sons in this story represents Jesus' response to us when we trust in him. Will you confess your wrongs to him and accept his unconditional love for you?

Additional Reading

Matthew 6:25-34

1 John 4:15-18



INSTABILITY

The Two Builders

We all desire to have a sense of stability in our lives. Whether it's due to factors outside our control or our own doing, there will be things that shake us. That's why it's important to have a strong foundation for your life.

DISCUSSION QUESTIONS

1. What do you depend on for stability in your life?
2. Has this foundation been tested or shaken? What did you do?

READ MATTHEW 7:24-27

1. What happened in the story? Give a short summary.
2. What does this passage say about God?
3. What does this passage say about Man/people/ourselves?

RESPONSE

Have you heard and believed in the words of Jesus? Is this a foundation that you want to build your life on?

Additional Reading

Psalm 1:1-3

Jeremiah 17:7-8



JUDGEMENT

The Sinful Woman

Judgment is a two-way street, and we often experience it both ways. You may have felt judged by someone else for who you are or what you've done. Or maybe you've judged someone else for the same things. Judging others often stems from thinking too highly of ourselves, while being judged can negatively affect our self-image.

DISCUSSION QUESTIONS

1. Have you experienced being judged by others? Have you judged other people?
2. Do you generally see yourself as better or worse than other people? How do you think God sees you?

READ LUKE 7:36-50

1. What happened in the story? Give a short summary.
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RESPONSE

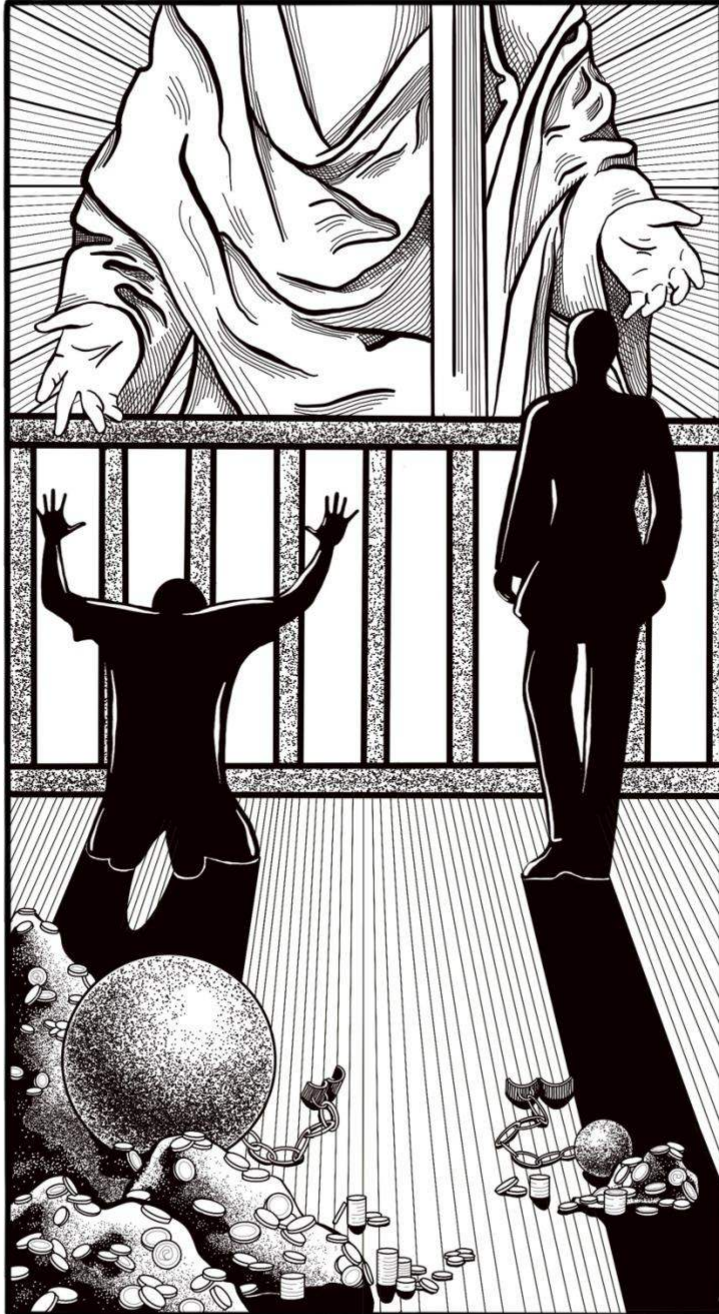
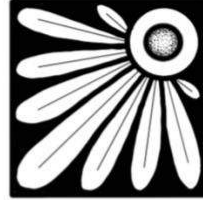
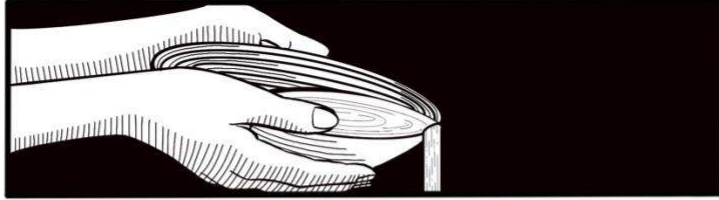
Jesus offers forgiveness of your debt no matter how big or small. Are you willing to accept it?

Additional Reading

Romans 3:23-24

1 John 1:9

Romans 8:1



DEPRESSION

The Healing at the Pool

Even if you have not been officially diagnosed with depression, we all experience moments or seasons of depressed moods. One of the ways depression manifests itself is feeling hopeless.

DISCUSSION QUESTIONS

1. In which area(s) of your life have you lost hope?
2. Have you found hope or are you still waiting?

READ JOHN 5:1-15

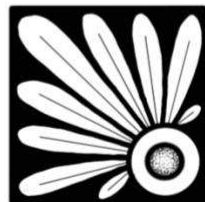
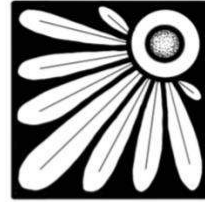
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3. What does this passage say about Man/people/ourselves?

RESPONSE

Jesus is asking you today, “Do you want to be healed?” How will you respond?

Additional Reading

Psalm 42:5



PURPOSE

The Calling of the Disciples

Your purpose dictates so much in your life—your interests, relationships, work, hobbies, to name a few. It is the underlying motive for why you do what you do. This is why finding your purpose is so important.

DISCUSSION QUESTIONS

1. What do you think is the purpose of your life?
2. Do you believe your purpose could change? What would change it?

READ MARK 1:16-20

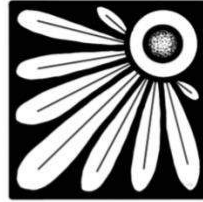
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RESPONSE

Are you willing to follow Jesus and let him give you a new purpose?

Additional Reading

2 Corinthians 5:17-18



CONTROL

The Demon-Possessed Man

There are many things in life fighting for our attention, even fighting to control us. Sometimes these things—whether it's our phones, our jobs, our thoughts, drugs and alcohol, or something else—can control us. When these things are in control, we can feel helpless.

DISCUSSION QUESTIONS

1. Have you ever felt controlled by something you couldn't overcome?
2. What did/do you turn to for help in overcoming these things?

READ LUKE 8:26-39

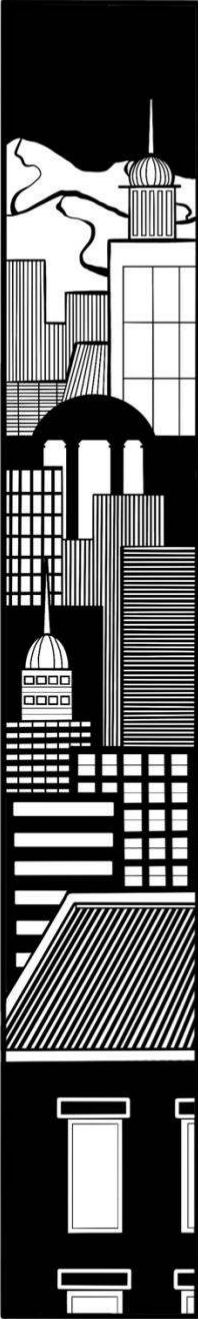
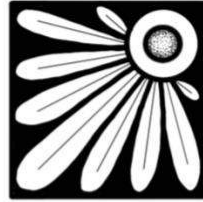
1. What happened in the story? Give a short summary.
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RESPONSE

Do you believe Jesus has authority over the things that control you? Will you surrender these things to Jesus?

Additional Reading

[Galatians 5:1](#)



EMPTINESS

The Woman at the Well

We all desire to be satisfied in life. However, we often experience an emptiness within us. It's common to try to fill that void with possessions, people, experiences, or accomplishments.

DISCUSSION QUESTIONS

1. Have you experienced a void in your life that you can't seem to fill? What have you tried to fill it with?
2. How do you respond when this leaves you unsatisfied?

READ JOHN 4:5-26

1. What happened in the story? Give a short summary.
2. What does this passage say about God?
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RESPONSE

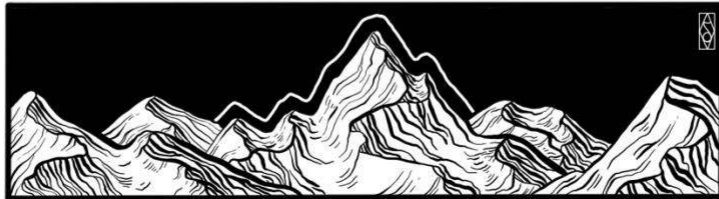
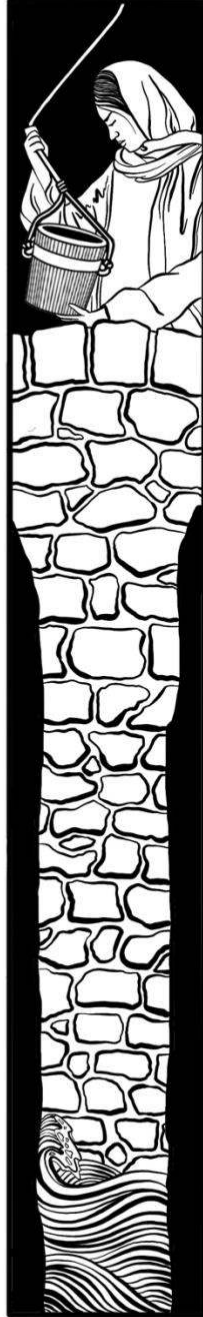
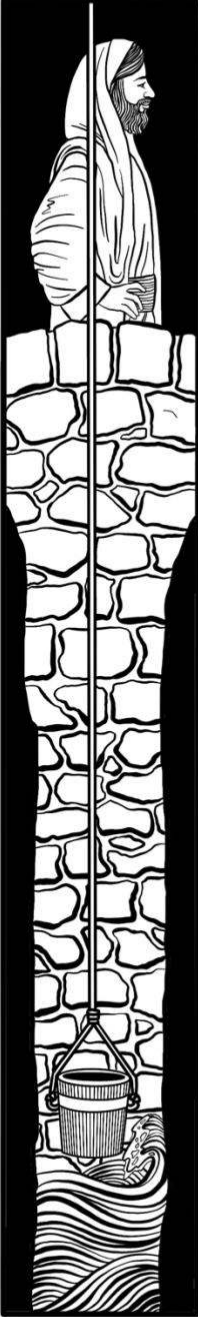
Do you believe that Jesus can satisfy you completely?

Additional Reading

Jeremiah 2:13

John 6:32-40

John 7:37-39



GOODNESS

The Rich Young Man

We all have the desire to do good, but we can never be perfect. While doing good works is admirable, it can sometimes keep us from going to God. We may rely on our efforts to be right with God, get to heaven, or have an abundant life, when what God really wants is a surrendered heart.

DISCUSSION QUESTIONS

1. Where do you think you fall on the scale of good vs. bad?
2. Where do you think your sense of right or wrong comes from?

READ MARK 10:17-27

1. What happened in the story? Give a short summary.
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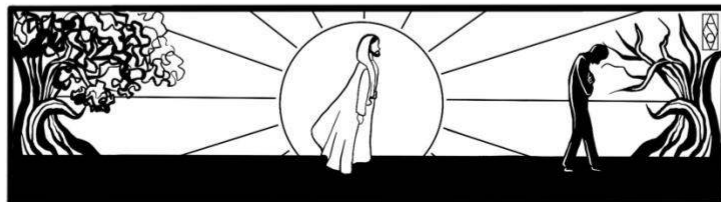
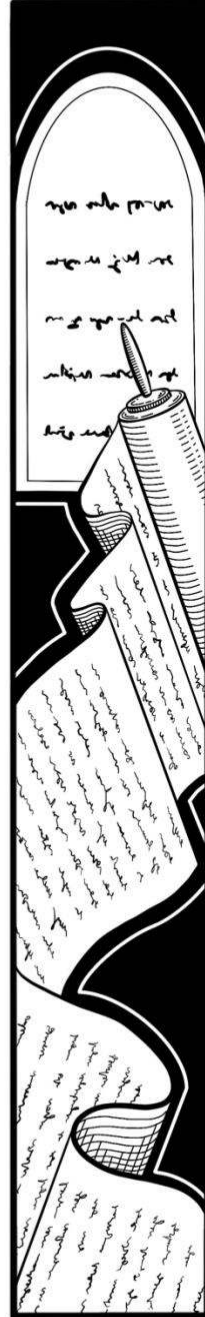
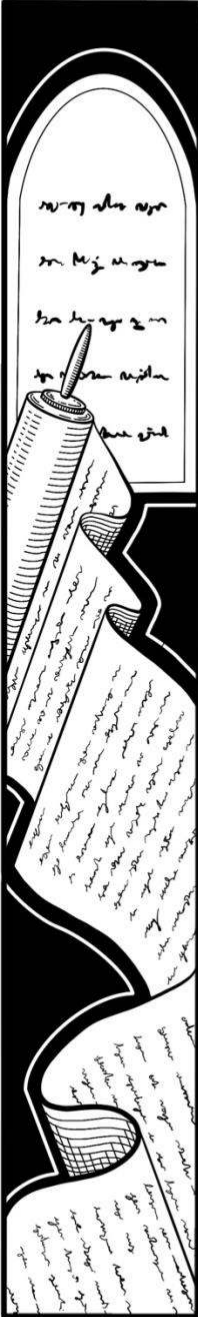
RESPONSE

Are you willing to accept your brokenness in order to receive God's love and mercy?

Additional Reading

Matthew 5:20-48

Romans 3:10-12



BITTERNESS

The Unmerciful Servant

It's been said that bitterness is like drinking poison and expecting the other person to die. It's difficult to forgive those who have hurt us, but holding onto grudges only hurts us even more.

DISCUSSION QUESTIONS

1. Have you held a grudge against anyone or are you right now? How do you think that affects you?
2. What do you require before forgiving someone who has wronged you?
3. Have you ever experienced forgiveness that you didn't deserve? How did it affect you?

READ MATTHEW 18:21-35

1. What happened in the story? Give a short summary.
2. What does this passage say about God?
3. What does this passage say about Man/people/ourselves?

RESPONSE

Jesus' forgiveness of us enables us to forgive others. Do you accept this gift of forgiveness?

Additional Reading

[Ephesians 4:31-5:2](#)

