



**How to use:** This Reflection pack is 10 days worth of reflections, which can be done on your own, with family or friends. It's designed to have some variety in how we engage with our own wellbeing, how we can explore the Bible afresh each day, how we can look inwards and outwards in prayer and action and how we can recognise God's presence at work in the big, small and beautiful ways in our lives everyday.

## CHECK IN:

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Each day invites all who are involved to check in with how they are feeling. This is about connecting with how your mind, body and soul are feeling. The point is not to have the right answer but the honest answer. If you're doing this with others, you don't have to share everything, share whatever feel safe and appropriate, even if that's "I don't want to share today."

You might choose to say something, to write something, to draw something, to build or create something, or to find a nearby object that represents how you're feeling.

For those who are listening, your job is to listen and not to respond. This is about hearing the other person, not sharing where you feel the same or trying to fix anything.



## BIBLE REFLECTION:

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Each day will have a Bible passage reflecting on one of the fruit of the spirit. You are invited to read the passage a couple of times and to note down or highlight what stands out to you. The purpose of this is not to find the right answer but to connect with what God may be drawing your attention to today, that might be a word, phrase, a picture or story that comes to mind.



## PRAYER AND ACTION:

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Each day will have a space for you to write down anything you would like to pray for for yourself, people you know or things that are going on in the world. No prayer is too big or too small, and it doesn't have to be a new prayer each day, there might be something you want to focus praying for for the whole 10 days.



There will also be a space to write one thing you would like to do, again however big or small from your reflecting today. What one thing would you like to take away?



## CHECK OUT:

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Each day will end the reflection time with a check out. This is very similar to the check in but connecting with how you are feeling at the end of this time. Again it's about connecting honestly with yourself and sharing safely and appropriately if you're doing this with others.

You might choose to say something, to write something, to draw something, to build or create something or to find a nearby object that represents how you're feeling.

For those who are listening, again it is your job to listen rather than respond.



Created by Lou McGoldrick

# DAY 1: THE FRUIT OF THE SPIRIT

## CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## BIBLE REFLECTION:

Galatians 5:22-23 (NLT)

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

## PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:

## CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

# DAY 2: LOVE

## CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## BIBLE REFLECTION:

1 Corinthians 13:4-7 (NLT)

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

## PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:

## CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## DAY 3: JOY

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### CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

### BIBLE REFLECTION:

Romans 15:13 (NLT)

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

### PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:

### CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## DAY 4: PEACE

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### CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

### BIBLE REFLECTION:

John 14:25-27

I am telling you these things now while I am still with you. But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you. “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

### PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:

### CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## DAY 5: PATIENCE



### CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING



### BIBLE REFLECTION:

Ephesians 4:2-5 (NLT)

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. For there is one body and one Spirit, just as you have been called to one glorious hope for the future. There is one Lord, one faith, one baptism.

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

### PRAYER & ACTION



PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:



### CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## DAY 6: KINDNESS



### CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING



### BIBLE REFLECTION:

Philemon 1:4-7 (NLT)

I always thank my God when I pray for you, Philemon, because I keep hearing about your faith in the Lord Jesus and your love for all of God's people. And I am praying that you will put into action the generosity that comes from your faith as you understand and experience all the good things we have in Christ. Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God's people.

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

### PRAYER & ACTION



PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:



### CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING



## DAY 7: GOODNESS



### CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

### BIBLE REFLECTION:

Galatians 6:9-10 (NLT)

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

Q: What stands out to you?

Feel free to highlight, draw or create something to share this



### PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:



### CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## DAY 8: FAITHFULNESS



### CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

### BIBLE REFLECTION:

Psalm 23:1-4 (NLT)

The Lord is my shepherd I have all that I need. He lets me rest in green meadows, he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honour to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

Q: What stands out to you?

Feel free to highlight, draw or create something to share this



### PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:



### CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

# DAY 9: GENTLENESS

## CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## BIBLE REFLECTION:

Philippians 4:4-7 (NLT)

Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

## PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:

## CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

# DAY 10: SELF CONTROL

## CHECK IN: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING

## BIBLE REFLECTION:

Philippians 4:8-9 (NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with

Q: What stands out to you?

Feel free to highlight, draw or create something to share this

## PRAYER & ACTION

PRAYER POINT FOR MYSELF:

PRAYER POINT FOR SOMEONE I KNOW:

PRAYER POINT FOR THE WORLD:

WHAT ONE THING WOULD I LIKE TO TAKE AWAY TODAY?:

## CHECK OUT: HOW ARE YOU FEELING?

SAY, WRITE, DRAW, BUILD, CREATE OR FIND SOMETHING  
THAT REPRESENTS HOW YOU'RE FEELING