

Summer 2022 Reflection Sheet

Suggested Opening:

Light a candle, take a moment of silence and/or ask God to give you a gracious and life-giving perspective on your ministry.

Name The Emotions

When you think about your ministry, what feelings arise?
Brain dump everything.

Name The Needs

Reflecting on your list of emotions, do you have a sense of what you might need in the upcoming season?

Think About Your People

What do you think the people in your ministry context are feeling in this season?

What do you think the people in your context need?

Name What Matters

Based on what you have discerned you feel and need + what your people are feeling and needing, what matters most in this season?

Examples: rest, connection, momentum, reset, planning, inspiration

Start Small: Name A Small Thing You Can Do To

What is *one* small thing you can do to address *one* of your needs?

What is *one* small thing you can do to address *one* of the needs in your context?

Essentialize

What do you need to let go of because it is getting in the way of what matters most?

Magic Question

What can you do now to make things easier later (next week, next month, next year)?

Close: Give thanks for the chance to center your work in God's guidance and love.

Adapted from
Kendra Adachi (The Lazy Genius Way) and
Elise Joy (Get to Work Book) by
Elizabeth Henry-McKeever & Sarah Bentley Allred