

# **Lamentations 3:40**

## **New International Version**

**40 Let us examine  
our ways and test  
them,  
and let us return to  
the Lord.**



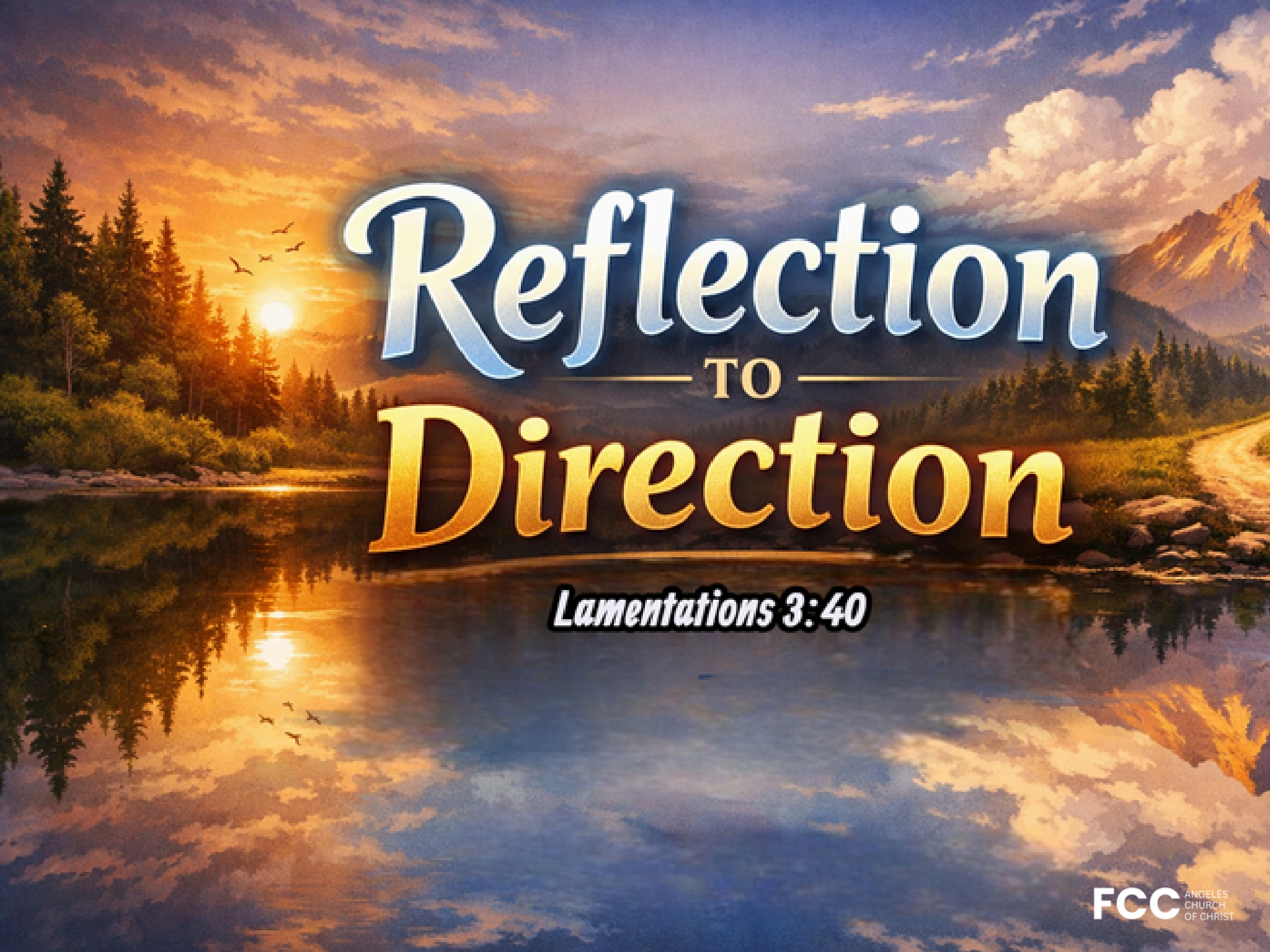
TIME FOR

# REFLECTION REFLECTION

<https://www.fccangeles.com/resources>

# The purpose of reflection

To evaluate our thoughts,  
actions, motives, and  
choices, so we can  
understand who we are,  
why we do, what we do,  
and how we can grow.



# Reflection — TO — Direction

***Lamentations 3:40***

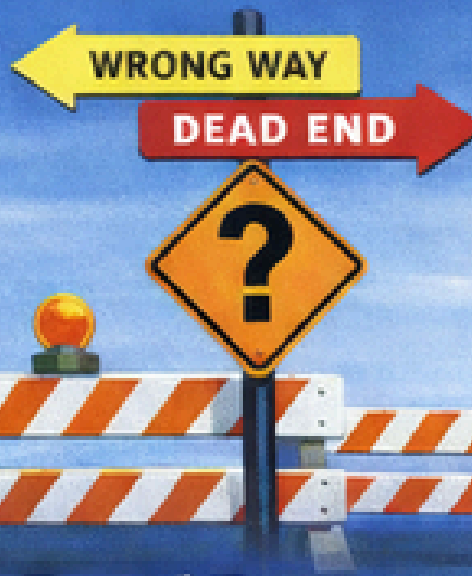


**DO YOU BELIEVE  
THAT YOU KNOW  
YOURSELF 100%?**



# Self-Insight

*Roadblocks and Detours on the  
Path to Knowing Thyself*



David Dunning

*Essays in Social Psychology*

# Self-Insight

*Roadblocks and Detours on the  
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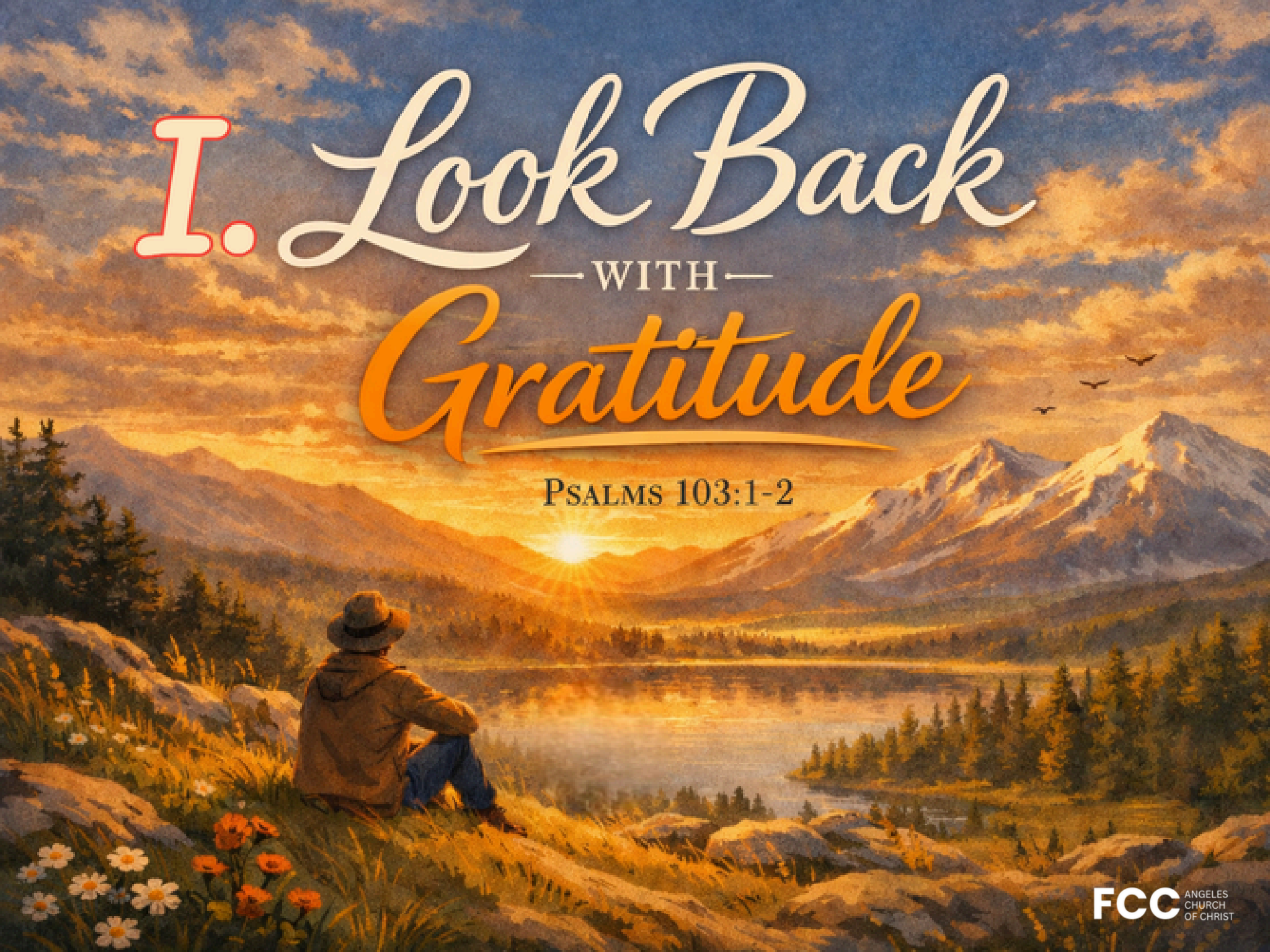
*Essays in Social Psychology*



Dunning's research  
that people often b  
they understand th  
better than they act  
We overestimate ou  
emotions, and even  
weaknesses.



# THREE WAYS TO REFLECT

A scenic landscape painting. In the foreground, a person wearing a hat and a jacket sits on a rocky, grassy hill, looking out over a vast landscape. The middle ground features a calm lake reflecting the golden light of the setting sun. In the background, majestic mountains with snow-capped peaks rise against a sky filled with soft, golden clouds. A few birds are seen flying in the distance. The overall mood is peaceful and contemplative.

# *I. Look Back* — WITH — *Gratitude*

PSALMS 103:1-2



**WE DON'T LOOK BACK  
WITH REGRET;  
WE LOOK BACK WITH  
GRATITUDE.**









## **Your Memories on Facebook**

we care about you and the memories you share here. We thought you'd like to look back on this post from 1 year ago.

# PSALMS 103:1-2

- 1 Let all that I am praise the Lord;  
with my whole heart, I will praise  
his holy name.
- 2 Let all that I am praise the Lord;  
may I never forget the good things  
he does for me.

*Ask yourself:*



A person is kneeling on a grassy bank in the foreground, facing away from the viewer and towards a body of water. They have their hands clasped in prayer. The water reflects the bright sunset sky, which is filled with orange and yellow clouds. In the background, there are snow-capped mountains and a line of evergreen trees. The sun is low on the horizon, creating a strong lens flare effect. The overall scene is peaceful and contemplative.

*Ask yourself:*  
**Have I thanked God  
for everything  
He has done for me  
in 2025?**

A man is kneeling on a rocky mountain peak, seen from behind with his arms raised in a gesture of prayer or surrender. He is looking up at a dramatic sky where bright sunbeams (crepuscular rays) break through dark, heavy clouds. Several birds are seen flying in the distance. The overall mood is one of hope and spiritual breakthrough.

# II. LOOK UP

— with —

# SURRENDER!

— Lamentations 3:40 —



*Reflection* is not just about  
*remembering*,  
but it's also about *releasing!*

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them,  
and let us return to  
the Lord.**



*The*  
**BOOK OF  
LAMENTATIONS**

was written not at the time of victory  
but at the time of  
**DEVASTATION**



**Panaghoy 3:40**  
**Magandang Balita Biblia**

**40 Siyasatin nati't suriin  
ang ating pamumuhay, at  
tayo'y manumbalik kay  
Yahweh!**

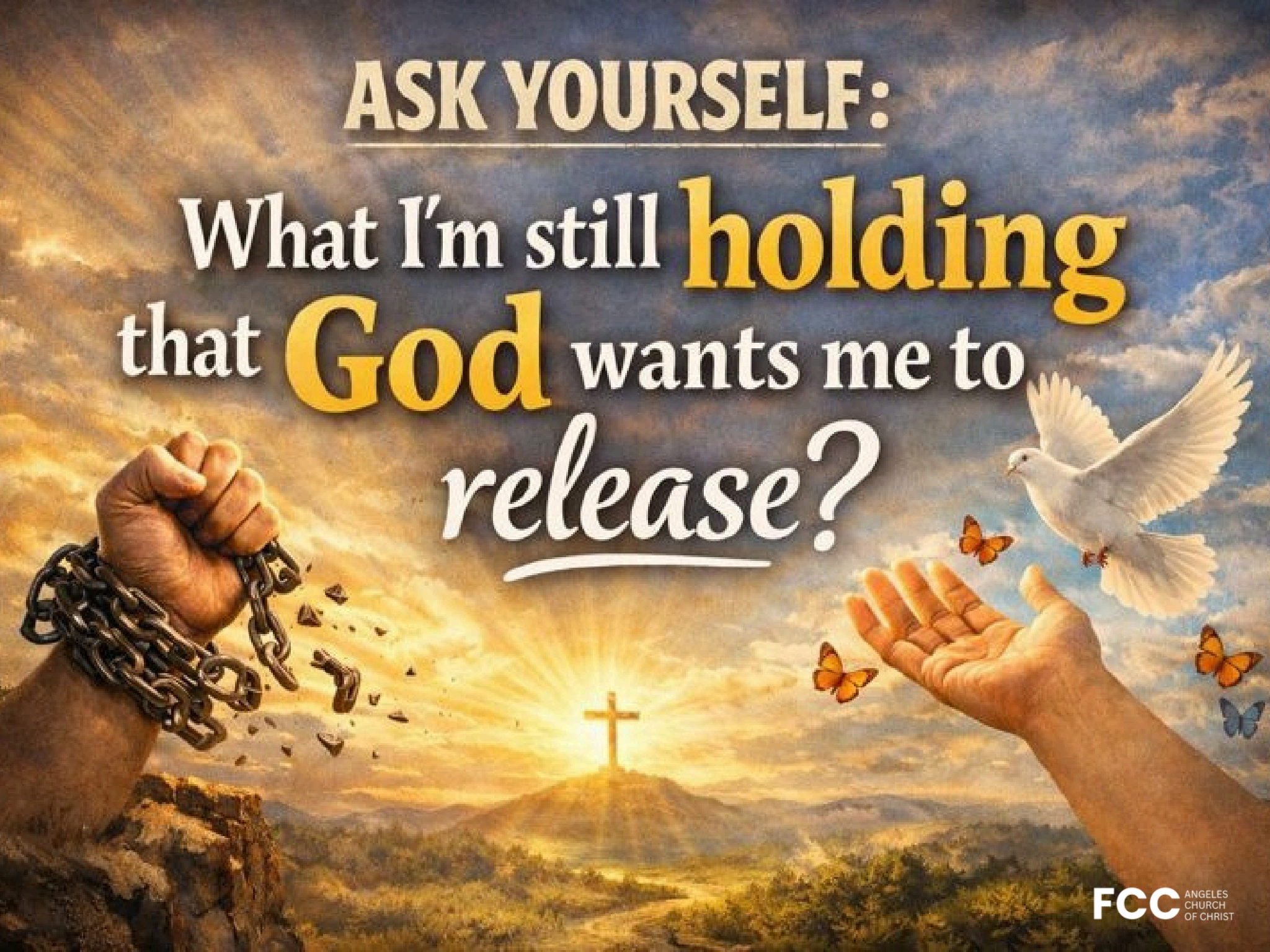
# ASK YOURSELF:

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**ASK YOURSELF:**

What I'm still **holding**  
that **God** wants me to  
release?





# WEIGHT <sup>OF</sup> HOLDING PRINCIPLE



**Mga awit 55:22**  
**Magandang Balita Biblia**

**Ilagak kay Yahweh iyong  
suliranin,  
aalalayan ka't  
ipagtatanggol rin;  
ang taong matuwid, di  
niya bibiguin.**





AS WE REFLECT,  
LET THIS YEAR BE A

# Season <sup>of</sup> Healing

FOR EVERY ONE OF US.



A man with a white beard, wearing a red robe over a white tunic, stands on a rocky outcrop. He holds a long wooden staff in his right hand and gazes across a vast, mountainous landscape. In the distance, a golden city with many spires and towers sits atop a hill, illuminated by the bright, low sun. The sky is filled with dramatic, orange and yellow clouds, suggesting a sunrise or sunset. The overall scene conveys a sense of hope, faith, and looking forward.

# III. *Look Ahead with* **CONFIDENCE**

Hebrews 11:27



*The past*  
**SHAPES** *us,*

— but it should not —

**CHAIN**

*us!*

# **Mga Hebreo 11:27**

## **Magandang Balita Biblia**

Pananampalataya din ang nag-udyok kay Moises na lisanin ang Egipto nang hindi natatakot sa galit ng hari. Matatag ang kanyang kalooban sapagkat para niyang nakita ang Diyos.

# Two personalities in God's calling



# Two personalities in God's calling

## 1. The “past-oriented” personality (Israel)

➡ Moved by fear



# Two personalities in God's calling

## 1. The “past-oriented” personality (Israel)

➡ Moved by fear



## 2. The “purpose-oriented” personality (Moses)

➡ Moved by faith





# Ask yourself:



# Ask yourself:

Are you letting your past define you,  
or are you **trusting God** to lead you?





A romantic and inspirational scene featuring a man and a woman walking away from the viewer on a dirt path. They are heading towards a large wooden cross standing on a hill in the distance. The background is a dramatic sunset with golden light rays breaking through a cloudy sky. The overall mood is one of hope, faith, and companionship.

*We walk with*  
**CONFIDENCE**

*— not in what —  
we can do,*

**BUT IN WHAT**

*He will do.*



# God-fi-dence

*Confidence Comes from God*

We reflect not to stay in the past,  
but to *look ahead* with  
**CONFIDENCE!**

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# CONCLUSION





Look back with  
*Gratitude.*

Look up with  
*Surrender.*

Look ahead with  
*Confidence.*



Look back with  
*Gratitude.*

Look up with  
*Surrender.*

Look ahead with  
*Confidence.*

Reflection is not about the past;  
it's about choosing our *direction.*



# **1 Corinthians 11:28-29**

## **New International Version**

**28 Everyone ought to examine themselves before they eat of the bread and drink from the cup. 29 For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves.**