

Essentials Bible Study

Blank Worksheets



Reflection

Reflection is our final step, and yet it opens the window of our soul to receive the refreshing wind of the Holy Spirit. Engage in an activity that is refreshing for your soul: prayer, praise, journaling, lamenting, confession, silence, solitude, art, and/or nature appreciation. I like to call these soul food.

These are just a few examples, and others can be discovered and developed by studying Richard Foster’s *Celebration of the Disciplines*, or my personal favorite, *The Spirit of the Disciplines* by Dallas Willard.

What a difference it makes when the windows of my home are clean. The breathtaking view outside is renewing and life-giving. In the same way, as we contemplate the truth(s) we’ve learned through this narrative inductive Bible study, we can see what is essential to renew, refocus—and yes—*cleanse* our souls.
