

“Shaped by God’s Will through Wisdom & Understanding”

Exercise: Scriptural Reflection

This exercise helps you to use the “*eyes of your heart*” to glean wisdom and understanding in your spiritual journey, to help you connect with God, to be shaped more by him, and to be able to live out His will in your life.

Here are some suggested Bible passages for your reflection exercise. I encourage you to try this exercise a few times.

Matthew 9:1-8
Matthew 15:29-37

Mark 7:31-37
Mark 10:35-45

Luke 7:1-10
Luke 9:18-27

John 2:1-11
John 5:1-15

- **What do you notice with the “eyes of your heart”?**
- **What draws your attention as you step back from the story?**
- **What biblical wisdom and understanding can you glean from this story?**

All these questions can be used for journaling or personal reflection. Take time to express your thoughts, feelings and concerns to God in prayer.

Feel free to use this exercise individually or to share your experience of the passage with your small group.