



## Personal Reflection Time

Each week, you and your band members will go through these steps on your own to prepare for the band meeting (this can be done daily or a few times a week as checkpoints toward your spiritual goals).

1. Spend time in prayer and/or silent reflection (as much time as you need to set your mind on God)
2. Look over the list of Core Practices:
  - Community
  - Prayer
  - Scripture
  - Service
  - Witness
  - Stewardship
  - Worship
  - Sabbath
3. Ask yourself these questions (you might want to write your thoughts in a notebook):
  - What Core Practice is God leading me to focus on right now? (Your answer might be the same for a few weeks in a row—change takes time!)
  - What does this practice currently look like in my life?
  - What are some ways I can expand this practice moving forward?
  - Is this a Core Practice that I've worked on in the past? What worked for me previously? What did not work? How can I learn from my past experiences?
  - What would be my first/next step? (Make next steps manageable! Break down your desired goal into tangible and attainable steps.)
  - What would I like to be able to tell my band at our next meeting?
  - How will this Core Practice goal impact my relationship with God?