

TOO BUSY TO STOP – REFLECTIVE WORKSHEET

From seeking approval to cultivating joy

This worksheet is to reflect on the connection between approval and achievement, using biblical truths and spiritual practices to move us towards joyful celebration. Use the prompts as a start point to write or draw your thoughts.

What does approval look like for you in this season of life? Is handling approval easy or difficult for you?

Where does the pressure to perform show up in your day-to-day life? How does this impact your thoughts and feelings?

Choose one of these anchoring truths and personalise it. Use it as a reminder of God's love for you before you begin one of your regular daily activities.

You are God's deeply loved child
(1 John 3:1-3)

You are God's masterpiece
(Ephesians 2:10)

You are stamped with His approval
(Psalm 36:7)

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Celebration is a spiritual practice which helps us cultivate joy on a regular basis. God's joy comes from our presence with Him, not from our performance for Him. We can practice celebration by reflecting on where God was with us in our daily activities.

What are 2-3 moments from the last week which brought you joy, no matter how big or small the cause? How can you celebrate them?

Put your reflections into practice: Commit to an act of celebration this week, maybe including a time of gratitude over a shared meal, or choosing to encourage a friend to help them see what they have achieved. Write your plans down below.

THE EXAMEN

The Examen is a daily prayer, developed by Ignatius of Loyola. You can use the template below as a starting point to review your day with God.

Father God,

As I pause now, help me become more aware of your presence with me. As I look back through the last few hours, I am grateful for...

I thank you for the gifts of love to me, which I experienced in...

Looking forward into the coming day, I ask for your help with...