

GEM MINISTRIES

Growth • Encouragement • Mission

REFLECTION GUIDE

Pause. Reflect. Listen. Respond.

“Search me, O God, and know my heart: try me, and know my thoughts.”

Psalm 139:23

This guide is designed to help you slow down and move from simply reading Scripture to allowing Scripture to examine your heart, renew your thinking, and shape your next step.

Name: _____

Date: _____ Season/Theme: _____

HOW TO USE THIS GUIDE

Reflection is more than asking, “What does this verse mean?” It is asking, “What is this verse revealing about God, revealing about me, and requiring from me?”

A simple GEM reflection rhythm:

READ	Read the Scripture slowly. Read it again. Notice the words, commands, promises, and contrasts.
REFLECT	Ask what the passage exposes, corrects, confirms, or invites you to consider.
RESPOND	Write an honest response to God. Be specific rather than polished.
RELEASE	Name what you need to surrender—fear, control, disappointment, people-pleasing, or confusion.
RENEW	Choose one truth from Scripture to carry into your day.

GEM CHECK-IN

What is God showing me? _____

What is God asking me to surrender? _____

What is my next obedient step? _____

Prayer: _____

REFLECT • WAIT

Psalm 27:14

“Wait on the LORD: be of good courage, and he shall strengthen thine heart.”

REFLECTION QUESTIONS

1. What am I trying to rush that God may be asking me to trust?

2. Where do I need courage while I wait?

3. What would surrender look like today?

4. What is God developing in me during this waiting season?

MY GEM TAKEAWAY

Today I will remember: _____

My prayer: _____

REFLECT • BE STILL

Psalm 46:10

“Be still, and know that I am God.”

REFLECTION QUESTIONS

1. What has been creating the most noise in my mind?

2. What do I need to release so I can hear God clearly?

3. What truth about God do I need to remember today?

4. What practical step can I take to create space for God?

MY GEM TAKEAWAY

Today I will remember: _____

My prayer: _____

REFLECT • STUDY

2 Timothy 2:15

“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”

REFLECTION QUESTIONS

1. What Scripture is God inviting me to study more deeply?

2. Am I responding to God's Word or simply collecting information?

3. What truth needs to correct my thinking?

4. How can I apply what I have learned this week?

MY GEM TAKEAWAY

Today I will remember: _____

My prayer: _____

REFLECT • TRUST

Proverbs 3:5–6

“Trust in the LORD with all thine heart; and lean not unto thine own understanding.”

REFLECTION QUESTIONS

1. Where am I depending more on my understanding than God's direction?

2. What decision requires deeper trust?

3. What would it look like to acknowledge God in this area?

4. What fear is underneath my need to control the outcome?

MY GEM TAKEAWAY

Today I will remember: _____

My prayer: _____

REFLECT • RELEASE

1 Peter 5:7

“Casting all your care upon him; for he careth for you.”

REFLECTION QUESTIONS

1. What concern have I been carrying that belongs in God's hands?

2. Have I actually released it, or only prayed about it?

3. What does God's care for me mean in this situation?

4. What can I do today instead of worrying?

MY GEM TAKEAWAY

Today I will remember: _____

My prayer: _____

REFLECT • REMEMBER

Lamentations 3:23

"They are new every morning: great is thy faithfulness."

REFLECTION QUESTIONS

1. What evidence of God's faithfulness can I identify?

2. What did God bring me through that I once thought would break me?

3. Where do I need a fresh perspective?

4. What can I thank God for before asking Him for anything else?

MY GEM TAKEAWAY

Today I will remember: _____

My prayer: _____

REFLECT • MOVE

Exodus 14:14

“The LORD shall fight for you, and ye shall hold your peace.”

REFLECTION QUESTIONS

1. What battle am I trying to fight in my own strength?

2. Where is God asking me to be still rather than react?

3. What would peace look like in my response?

4. What is one faithful next step I can take without forcing the outcome?

MY GEM TAKEAWAY

Today I will remember: _____

My prayer: _____

MY PERSONAL REFLECTION

After spending time in God's Word, take a moment to look back over your reflections.

What has God been emphasizing to me?

What pattern, attitude, or belief is God asking me to confront?

What truth will I choose to live from?

What is my next faithful step?

