

Finding *Renewal* in the Love of God

Unit 6: Discovering Renewal Through Committing to Obedience

Unpacking Experience 4

*Begin this reflection exercise **only** after you have completed Experience 4. Do **not** read these questions until after you have completed the experience.*

*Please respond to the following 10 questions in writing. Writing your answers will allow you more opportunity to analyze the experience. **If you did not do the experiment, you should answer the questions in red.***

1. What was your first reaction to this exercise? Why?
2. When and for how long did you choose to carry the cup of water? Make a case for your reasoning.
3. How much water did you spill? How did you react when you spilled the water? How did your reaction impact your goal?
4. If you adjusted your schedule to accommodate the assignment, did these adjustments effect your day positively or negatively? What does your reaction teach you about yourself?

5. What did you learn about your approach to rules today? About your capacity to either make excuses or to over-react?

6. What did you learn about grace and your dependence on grace today?

7. What did you learn about your determination to succeed? Why is it important to you to succeed?

8. What did you learn about your response to failure or the possibility of failure?

9. If you did not attempt this experiment or if you did not do something else you wanted to do during this time because of the water, *why did you choose not to do it?* What can you learn about yourself, given this reaction?

10. Examine your answers to # 1, 2, and 9 above. How many different aspects of your life are limited because of this very thing?