



Biblical Reflection

KARABO RAMOOKHO

@KHOKHOON

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Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)



reflect

verb

1. (of a surface or body) throw back (heat, light, or sound) without absorbing it.
"when the sun's rays hit the Earth a lot of the heat is reflected back into space"

Similar:

send back

throw back

cast back

give back

bounce back



2. think deeply or carefully about.
"he **reflected** with sadness **on** the unhappiness of his marriage"

Similar:

think about

give thought to

consider

give consideration to

review





A rolling stone gathers no moss. . .

. . . to pause from time to time, is a gift in of itself



Does the bible talk about reflection at all?

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realise that Christ Jesus is in you—unless, of course, you fail the test?

2 Corinthians 13:5

Let us examine our ways and test them, and let us return to the LORD.

Lamentations 3:40



practicing the pause. . .

He says, “Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

Psalm 46:10

01/03



REFLECT

So we built the wall and the entire wall was joined together to half its height, for the people had a heart to work.

Nehemiah 4:6

02/03



REFERENCE

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

2 Timothy 3:16 - 17

03/03



RECALIBRATE

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

Psalms 143:10

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 139:23 - 24

01/03

REFLECT

- Personal, ministry, relational, family & financial goals
- Impact & influence
- Words, promises & prophecies

02/03

REFERENCE

- What does the word say about your situation?
- Wise counsel
- Coach/accountability partner/those who came before you.

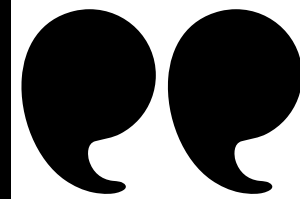
03/03

RECALIBRATE

- Check for misalignment between your wants, needs & God's instruction.
- Married ladies, recalibrate with your husbands
- Recalibrate with friends, family & business partners



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Regularly practising **self reflection** can strengthen your **awareness and help to identify patterns in your decision making**. By **reviewing** your behaviour, activities and values as a leader, you can help **transform** your company – reaching new ambitions and goals for the future.

Tony Gregg is chief executive of Anthony Gregg Partnership



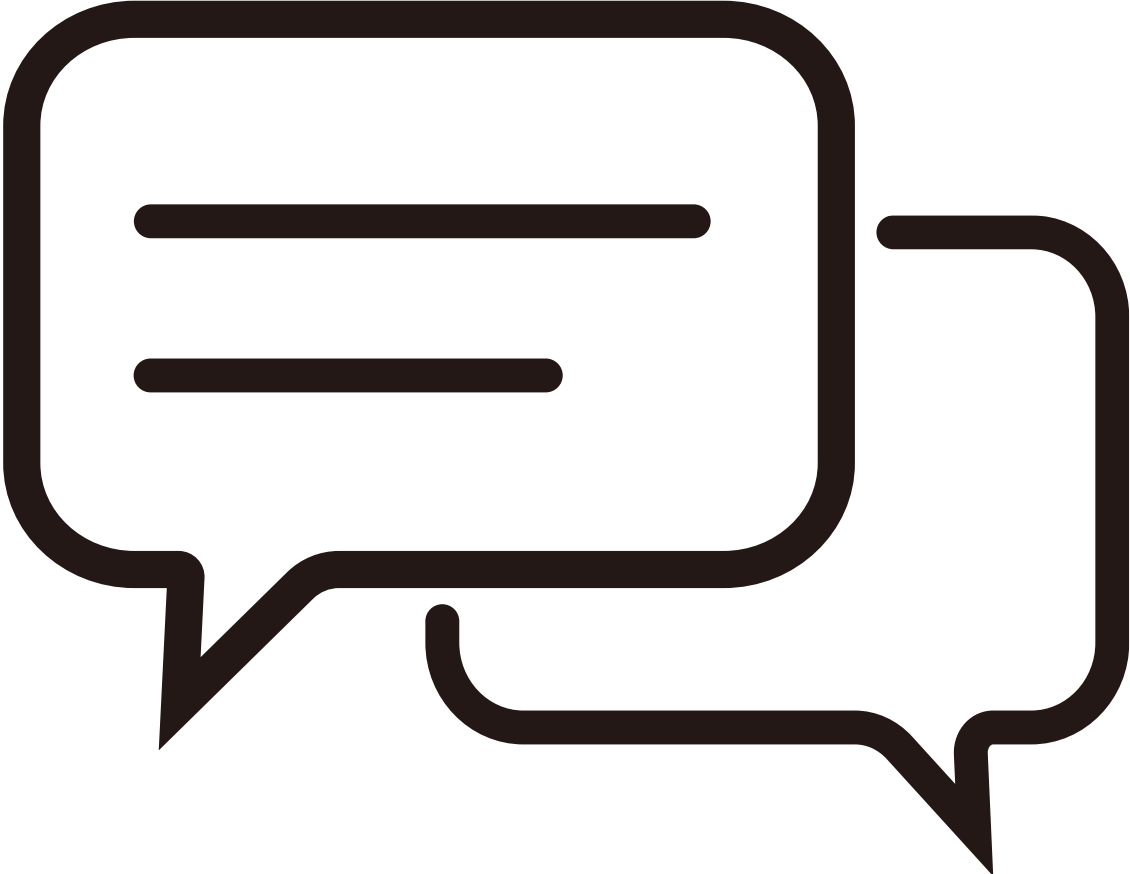
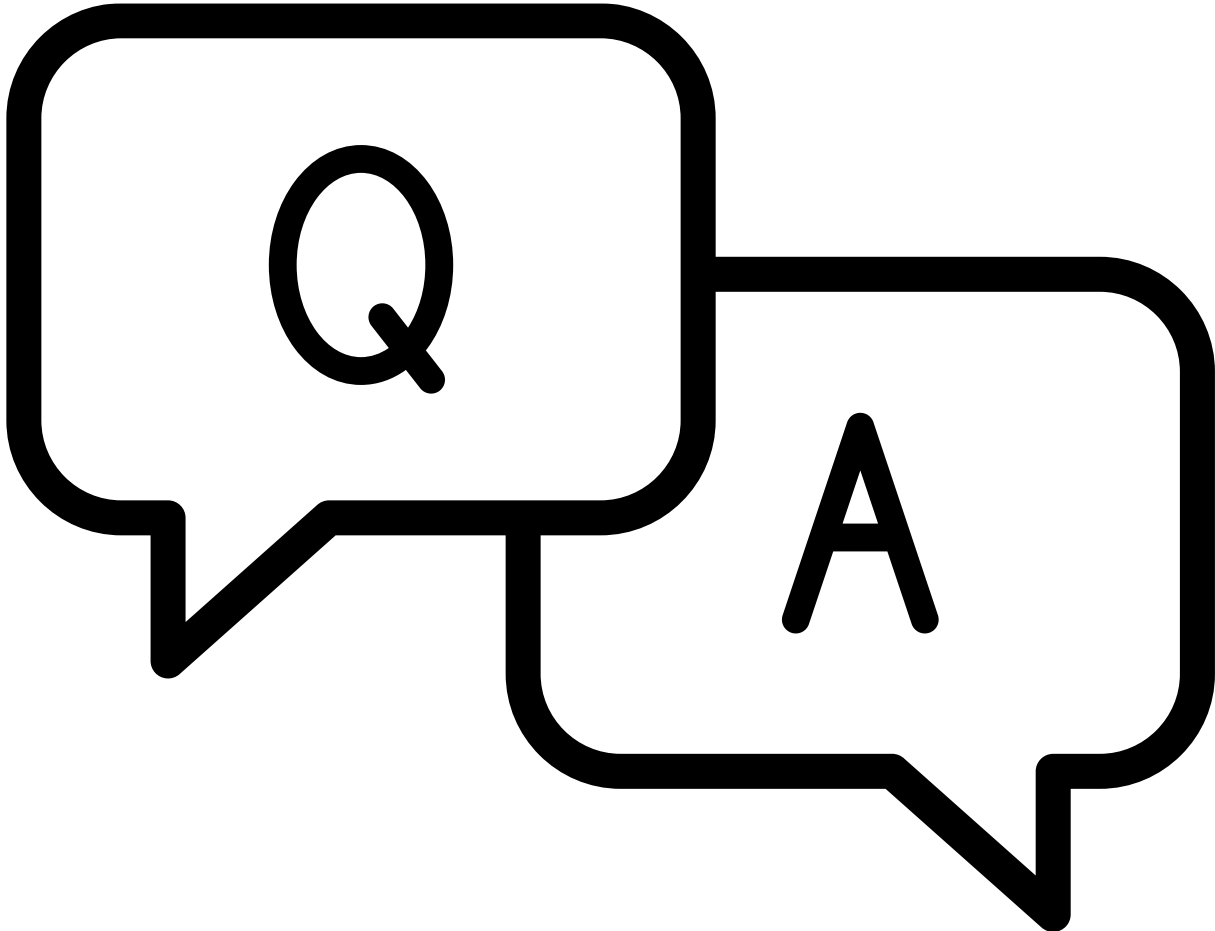
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The benefits of reflection. . .

- ✓ Celebrate wins | Testimonies
- ✓ Note areas of development
- ✓ Highlight learnings
- ✓ Expose areas of weakness
- ✓ See God's hand | Direction
- ✓ Opportunities spotting
- ✓ Ministry opportunities | In & Out
- ✓ Expose areas of weakness



Questions & Open Discussion




Thank You

Get in touch:



 karabo@khokhoon.com

 +27 72 874 4374

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