

Reflection Questions:

1. Have you ever had a positive experience of being out of control; one that you later regarded as good? What were your thoughts and feelings during the experience? After? What did you learn from that experience?
2. Are there aspects of life now that you can admit are beyond your control, in which you could welcome direction and understanding from beyond yourself?
3. What kind of prayer might you embrace this week: a prayer of thanksgiving or relinquishment, or a prayer for guidance or courage?