

## BENEFITS OF

### *Reviewing What We Learn from God*

1

#### PRAYER AND MEDITATION

Meditation and prayer allow God reveal what is most important.

2

#### CLARITY AND DIRECTION

We gain clarity and direction when we look for repeated concepts and the big picture of what God has taught over time.

3

#### GROWTH

Rather than be forgotten, lessons learned turn into wisdom with time to mature through application.

4

#### FAITH

Fear turns the corner to faith and unbelief bows to truth when we embrace the truth God teaches.

5

#### REST

Weariness finds rest when we spend time with God. Meditating on what God has taught us refreshes our soul and builds our faith.

6

#### PERSPECTIVE SHIFT

The Holy Spirit can reveal where our perspective needs to shift from self to God. Truth reveals the motivations of our hearts.

7

#### STRENGTH

Struggles transform into strength when we trust God is working in our lives. Attending to what we learn reminds us God is with us in our challenges.

8

#### GRATITUDE

Reflecting on God's lessons opens the door for blessings to prompt praise. Remembering what God has done ignites gratitude in our hearts.

9

#### JOY

Take time to celebrate what God has taught you-- the lessons learned and the victories won.

10

#### FRESH GOALS

Yesterday's lessons become today's goals to multiply the value of what we have learned.