

Prayer of Reflection: Take T.E.N.

Grace Learning Lab

A practice that can be a powerful way to “Receive Gospel Grace” is the “Prayer of Reflection,” where you look back and ask Him to see your day through His eyes. What was He doing in and around you? What was He thinking and feeling about your day? Where did you need His forgiveness? Where do you see your need for Him to change your heart? Ask Him, then receive His grace for that specific sin. The acronym we use is “Take T.E.N.”. Take ten minutes at the end of the day to look back and reflect:

Thank God for the gifts He gave you, the ones you noticed at the time and the ones you didn’t.

Enjoy. Ask God, “Where did you enjoy me today?” Too often, we forget that God delights in His kids, but He does! (Zephaniah 3:17; Luke 12:35) Examples could include:

- “When you enjoyed the beauty of my creation, or that hobby you love, it delighted Me.”
- “When you went out of your way to serve that person or bless them, it honored Me!”
- “When you laughed with your friend until you cried, it was such a joy for Me! I love it when you laugh!”

Need God’s grace. Where do you see ways you failed to live as God commands? Where did you fail to love God with all your heart today (Matthew 22:37-40)? Where specifically did you fail to love someone else as Jesus loved you (John 13:34-35)? Examples are many, but some include:

- I spoke an unkind word about someone to another.
- I was dishonest when I...
- I lingered on lustful thoughts or images.
- I acted selfishly by...
- I was ungrateful, complaining, critical.

Ask Him to show you. When something comes to mind, simply confess it to God, ask His forgiveness, and receive His grace specifically for that sin! He promises that when we confess our sin, He is faithful and just to forgive us (1 John 1:9), so don’t skip that part! Thank Him for making you clean! Then ask if there’s anything He wants you to do in response. For example, what is a step in turning away from that sin? Whose forgiveness do I need to ask? Is there anything I need to do to make things right?

Practice T.E.N. for three days by jotting down a word or two about each theme in the boxes below, keeping this page next to your bed or in your Bible. Looking for more? Page 3 gives you boxes for seven days, and you can always use a journal to expand and continue the practice.

Day 1

THANK	ENJOY	NEED GRACE
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Day 2

THANK	ENJOY	NEED GRACE
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Day 3

THANK	ENJOY	NEED GRACE
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Practice: Take T.E.N.

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Day 1

THANK	ENJOY	NEED GRACE
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Day 2

THANK	ENJOY	NEED GRACE
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Day 3

THANK	ENJOY	NEED GRACE
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Day 4

THANK	ENJOY	NEED GRACE
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Day 5

THANK	ENJOY	NEED GRACE
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Day 6

THANK	ENJOY	NEED GRACE
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Day 7

THANK	ENJOY	NEED GRACE
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