

REFLECTION



Proverbs 27:19 As water reflects the face, so one's life reflects the heart.

Calm water is a perfect medium for reflection. Proverbs 27:19 uses it as a mirror of the heart in one's behavior. Your thoughts and inner self dictate how you behave. As water reflects the original object, one's actions reveal who one really is. We can learn to improve ourselves with this verse in the following two ways:

Inward evaluation: Examine your motives and inner thoughts periodically, such as at the end of the day. Are your inner values aligned with your outward actions? Is there something sinful or not meeting God's standard? For example, is your heart aligned with God's will? Are your thoughts concentrated on worldly pursuits or God's kingdom?

Behavior checking: The amount of time you spend in a day reflects your inner desires and values. Is the time spent appropriate? Your behavior toward others also reflects your inner character. Have you shown enough love and mercy for others? May God help us have the inner desire for God and His kingdom and to glorify Him through our actions!

