



FREE RESOURCE · REFLECTION

TWELVE WEEKS

The Sunday Reflection Journal

Twelve weeks of guided reflection for the quiet end of the week.

Owen Magocha

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The Sunday Reflection Journal

Twelve weeks of guided reflection, one theme a week. Each week has a short framing reflection, three prompts and space to write by hand.

It works best printed single-sided and kept somewhere you will see it on a Sunday. Any notebook will do for overflow.

Themes: Attention, Discipline, Courage, Gratitude, Work, Rest, Relationships, Service, Faith, Learning, Integrity and Beginning again.

CREDITS

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A note on the Sunday pause

I have kept notebooks for most of my working life. Some are full of timelines and application checklists. The better ones are full of questions. Over the years I noticed something simple: the weeks I paused to write, even briefly, were the weeks I understood. The weeks I didn't simply happened to me.

This journal is a structure for that pause. It gives you twelve weeks, one theme for each, and asks for about twenty minutes, ideally on a Sunday, when the week behind you is still fresh and the next one has not yet started making demands.

How to use it

Each week opens with a theme and a short reflection from me. Read it slowly, then work through the three prompts. The first looks back over the week. The second asks you to look more honestly at something. The third turns towards the week ahead. At the end of each week there is a box for one thing to carry forward. Keep it small enough to actually do.

You do not have to write beautifully or fill every line. A few honest sentences are worth more than a page of performance. If a prompt doesn't fit your life this week, change it. If you miss a Sunday, don't try to catch up; begin again with the next week. That is, after all, one of the themes.

Some people like to do this alone with a cup of tea before the house wakes up. Others sit with a spouse or a friend and share one answer each. Both work. What matters is that the time is protected and that you come back to it.

After week twelve there is a single page called *Looking back*. Leave it until the end. Reading your own words from three months earlier is one of the more humbling, and encouraging, things I know.



01 Attention

Most of us do not lack time as much as we lack attention. The week fills with notifications, queues, half-read messages and conversations we were only partly present for. Attention is a form of respect. Whatever we give it to tends to grow, in our work and in the people closest to us. This week is not about doing more. It is about noticing where your attention actually went, and deciding, gently, where you want it to go next.

i. Looking back over the past seven days, where did your attention go? Name the people, tasks and screens that took most of it.

ii. When were you most fully present this week? What made that moment possible?

iii. What is one thing you will give your full attention to this coming week, and what will you set aside to make room for it?

CARRY FORWARD

One small thing I will do this week.

02 Discipline

Discipline has a poor reputation. It sounds like cold showers and punishing alarms. In practice it is quieter than that: it is keeping a small promise to yourself when no one is watching. I have seen people build remarkable things, a degree finished at night, a business, a new life in a new country, almost entirely out of ordinary days handled well. Discipline is less about intensity and more about returning.

i. What small promise to yourself did you keep this week? What did you let slide?

ii. Where in your life would a little more consistency make the biggest difference?

iii. Choose one habit for the coming week. Make it so small you cannot reasonably fail, and write down when and where you will do it.

CARRY FORWARD

One small thing I will do this week.

ii. Think of a time you acted despite fear. What did it teach you about yourself?

iii. What is one courageous step, however small, that you will take this week?

CARRY FORWARD

One small thing I will do this week.

04 *Gratitude*

Gratitude is easy to recommend and hard to practise when the week has been long. It is not pretending that everything is fine. It is training the eye to see what is also true: the meal someone cooked, the colleague who covered for you, the morning light on the kitchen bench. Gratitude doesn't erase difficulty. It keeps difficulty from becoming the only story you tell about your life.

i. List five specific things from this week you are grateful for. The more specific, the better.

ii. Who has helped you recently without being asked? Have you thanked them?

iii. How will you express gratitude to someone this week, in words or in action?

CARRY FORWARD

One small thing I will do this week.

05 Work

Whatever we do for a living, work shapes our days and, quietly, our sense of who we are. Good work is more than output. It is care taken over something that will serve another person, whether that is a well-prepared file, a clean classroom or a meal served on time. This week, step back from the to-do list and look at your work as a whole: what it gives you, what it takes, and what you want it to mean.

i. What part of your work this week felt meaningful? What felt like noise?

ii. Who does your work actually serve? How would they describe your contribution?

iii. What would make next week's work better, rather than simply busier?

CARRY FORWARD

One small thing I will do this week.

06 *Rest*

Rest is not a reward for finishing everything. Nothing is ever finished. Rest is a rhythm, and those of us who keep a Sabbath understand it as a gift we receive, not a loophole we earn. A rested mind sees more clearly, speaks more kindly and makes fewer expensive mistakes. Notice this week how you actually rest, and whether it restores you or simply distracts you.

i. When did you feel genuinely rested this week? When did you feel depleted?

ii. What do you do that looks like rest but leaves you more tired?

iii. Plan one block of real rest for the coming week. Write down when, where and what it will be.

CARRY FORWARD

One small thing I will do this week.

07 Relationships

We are shaped by the people we spend time with, and we shape them in return. Relationships are tended the way a garden is, in small and regular acts rather than grand gestures once a year. A message sent on a Tuesday. A question asked and the answer actually listened to. This week, look at the people around you, at home, at work and further away, and consider what you are giving and what you are receiving.

i. Which relationships gave you energy this week? Which ones felt strained?

ii. Is there a conversation you have been postponing? What would it take to have it kindly?

iii. Name one person you will deliberately make time for this week, and how.

CARRY FORWARD

One small thing I will do this week.

08 Service

Service is the habit of asking what is needed rather than what will be noticed. It does not require a title or a platform. Some of the most generous people I know serve in ways that will never appear on a résumé: driving someone to an appointment, explaining a confusing form, staying behind to stack the chairs. Service is where good intentions finally improve another person's day.

i. Where did you serve someone this week? Where were you served?

ii. What needs do you see around you, in your street, church, workplace or community, that you are equipped to meet?

iii. Choose one act of service for this week that no one else needs to know about.

CARRY FORWARD

One small thing I will do this week.

For me, faith is a way of standing in the real world, not an escape from it. It shapes how I work, how I treat people and how I handle uncertainty. You may hold a deep faith, a questioning one, or none you would name. Whichever is true, this week asks you to look at what you trust, what you hope for, and what holds you steady when plans fall apart.

i. What did you learn on this week when things felt uncertain?

ii. What questions about faith, meaning or purpose are you carrying at the moment? Write them down honestly.

iii. What practice, whether prayer, Scripture, silence or worship with others, will you give time to this week?

CARRY FORWARD

One small thing I will do this week.

10 Learning

The moment we stop learning, we start defending. Learning keeps us humble and useful. It does not have to be formal: a book read slowly, a conversation with someone who sees the world differently, a mistake examined rather than hidden. I am still a student myself, and I have found that the student's posture, attentive and willing to be wrong, is useful far beyond the classroom.

i. What did you learn this week, from a book, a person or a mistake?

ii. Where are you resisting learning something because it is uncomfortable or inconvenient?

iii. What will you study, read or practise this week? Be specific about how much, and when.

CARRY FORWARD

One small thing I will do this week.

11 Integrity

Integrity means being the same person in every room. It is the alignment between what we say we value and what our calendar, our bank statement and our private conduct show. Nobody manages this perfectly. The aim is to notice the gaps and close them, one decision at a time, especially the small decisions nobody else will ever see.

i. Where did your actions line up with your values this week? Where didn't they?

ii. Is there anything you need to put right: an apology, a correction, an unkept commitment?

iii. What decision this week will you make with integrity, even if it costs you something?

CARRY FORWARD

One small thing I will do this week.

12 *Beginning again*

Every week offers a chance to begin again, and so does every morning. Beginning again is different from starting from zero. You bring what you have learnt, the habits you have built and the people who have walked beside you. I see this in families who arrive in a new country with a few suitcases and years of experience: the circumstances are new, the person is not. Close these twelve weeks by naming what you will carry forward.

i. Looking back over the last twelve weeks, what has changed in you, even slightly?

ii. What do you need to let go of in order to begin the next season well?

iii. Write a short note to yourself for the start of the next twelve weeks.

CARRY FORWARD

One small thing I will do this week.

Looking back

Read through the last twelve weeks before you write. Notice what repeats, what surprised you and what quietly changed.

THE WEEK THAT MATTERED MOST

Which theme, and why?

A HABIT WORTH KEEPING

What will you continue?

THREE THINGS I LEARNT ABOUT MYSELF

1

2

3

GRATEFUL FOR

From these three months.

STILL UNRESOLVED

What I want to keep praying or thinking about.

THE NEXT TWELVE WEEKS ARE FOR...



Ideas should inspire. Inspiration should lead to action. Action should improve lives.

Thank you for giving these Sundays your attention. More essays, reflections and free resources are on the website.

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