Women of Africa Care Pty Ltd

WOAC On Air – 07July 2022

Inspiration brought by Ruth & Angelina
Episode 6 – Self-Reflection-7Days

Special Guests: Judy Colleen Chadband

WOAC introduces our show today by Judy sharing her testimony of victim of circumstances (abuse, rejection, barrenness), turned into victory - wholeness, parenting 2 beautiful adopted kids and enjoying life as an overcomer in Christ Jesus.

Ruth and Angelina discussing the importance of self-reflection

(refer 40 day journal guide) for self-reflection guidance.

“Insanity is doing the same thing over and over and expecting a different oucome.”

Self-reflection does not only bring wholeness and for us to embrace the full measure of God’s anointing given to us through HolySpirit, it also promotes continuous improvement and enables us to operate with a spirit of excellence.

Happy Journaling Gospel 4 Grampian Listeners, looking forward to week 2 with you.

Self-Reflection is a discipline means to bring into alignment your soul and body to your Spirit who is one with God. Reflection is good for you. You are Spirit, You have a Soul(mind, will and emotions) and You live in a Body. Self-reflection helps your Spirit Soul Body be synchronised to God because your true identity and nature is in God.