

THE SERMON-TO-SELF REFLECTION SHEET

You preach the Word—but have you heard it for yourself?

INSTRUCTIONS:

After each sermon or message, use this worksheet to pause and reflect. What you delivered may have been for others, but God may also have been speaking to you. This tool helps you listen inward and ensure that you aren't giving what you no longer receive.

Step 1: What I Preached

Sermon Title or Text:

Key Scripture or Theme:

What was the core message or takeaway I shared?

Step 2: What I Heard for Myself

What part of the message spoke personally to me—even if I didn't say it aloud?



Did I feel any tension while preaching—between what I said and where I’m struggling?

Was I teaching from overflow or from exhaustion?

- ☐ Overflow
- ☐ Running Low
- ☐ Dry but hopeful

Step 3: A Check on Integrity & Alignment

Am I living the message I just preached?

- ☐ Yes
- ☐ In progress
- ☐ Not yet—why not?

What would change if I fully received this word for myself first?

Step 4: Prayer of Integration & Scripture

Write a 1–2 sentence prayer asking God to help you embody the message you delivered.
(Optional: Add a Scripture you want to meditate on this week.)

*“God, I thank You for speaking through me—and to me. Help me to live what I teach.
Let my life echo my words.”*

Scripture:

AFFIRMATION:

I am not just a messenger—I am a beloved child of God.
The Word is for me, too.