



REFLECTION COMPANION

Digital Reflection Companion Master

A reusable complete companion for every audiobook and guided listening journey

Prepared for

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The MD PhD Prophet | The Spark Unfolding Book Club

COMPLETE | ACCURATE | READABLE | REFINED | PURPOSE-BUILT

How to use this companion

Use these pages beside an audiobook, e-book, print edition, or facilitated circle. Complete one chapter at a time. You may write before listening, during a marked pause only when it is safe, or after the chapter ends. If you are driving, working clinically, operating equipment, or otherwise need your full attention, continue listening and return later.

FOUR MOVEMENTS *Recognize what remains with you. Reflect across Scripture, evidence, experience, emotion, and responsibility. Discern what requires testing, counsel, time, or separation. Respond through one faithful, proportionate, possible step.*

Confidentiality and care

- Do not record protected health information, identifying clinical stories, confidential workplace information, passwords, security details, or another person's private story.
- This companion supports education and spiritual reflection. It does not replace individualized medical care, mental-health care, legal advice, pastoral care, emergency support, or professional supervision.
- If reflection reveals an urgent safety concern, stop the exercise and contact appropriate local emergency or crisis support.
- Spiritual impressions belong in a process of Scripture, context, time, wise counsel, humility, freedom from coercion, and review of fruit.

My listening covenant

The question I am bringing:

The pace I can sustain:

The place and time in which I can listen safely:

The boundary that will protect this process:

The person or community from whom I may seek wise counsel:

Chapter 1 reflection

Before listening

What is present in me as I begin: intellectually, emotionally, physically, relationally, professionally, and spiritually?

Scripture

References named in this chapter:

What the passage says in context:

What I am considering, without presenting my interpretation as certainty:

Chapter 1: recognize and reflect

What sentence, image, tension, memory, or possibility stayed with me?

What is observable fact or evidence?

What belongs to my personal testimony or lived experience?

What am I interpreting? What alternative interpretation also deserves consideration?

What emotion or embodied response may be giving me information?

What responsibility, relationship, boundary, or context must remain in view?

Chapter 1: discern and respond

What might I be spiritually discerning? How will I test it through Scripture, context, time, counsel, humility, and fruit?

What is not yet clear, and what permission can I give myself not to force?

What one faithful, proportionate, ethical, and possible response can I take?

When will I review the fruit of that response?

Prayer

God of wisdom and truth, help me receive what is mine to receive, release what is not mine to carry, test what requires testing, and respond with humility, courage, love, and integrity. Guard the dignity and privacy of every person touched by my decisions. Give me patience where meaning is still maturing. Amen.

Next-action record

Action	By when	Support or boundary	Review date

Chapter 2 reflection

Before listening

What is present in me as I begin: intellectually, emotionally, physically, relationally, professionally, and spiritually?

Scripture

References named in this chapter:

What the passage says in context:

What I am considering, without presenting my interpretation as certainty:

Chapter 2: recognize and reflect

What sentence, image, tension, memory, or possibility stayed with me?

What is observable fact or evidence?

What belongs to my personal testimony or lived experience?

What am I interpreting? What alternative interpretation also deserves consideration?

What emotion or embodied response may be giving me information?

What responsibility, relationship, boundary, or context must remain in view?

Chapter 2: discern and respond

What might I be spiritually discerning? How will I test it through Scripture, context, time, counsel, humility, and fruit?

What is not yet clear, and what permission can I give myself not to force?

What one faithful, proportionate, ethical, and possible response can I take?

When will I review the fruit of that response?

Prayer

God of wisdom and truth, help me receive what is mine to receive, release what is not mine to carry, test what requires testing, and respond with humility, courage, love, and integrity. Guard the dignity and privacy of every person touched by my decisions. Give me patience where meaning is still maturing. Amen.

Next-action record

Action	By when	Support or boundary	Review date

Chapter 3 reflection

Before listening

What is present in me as I begin: intellectually, emotionally, physically, relationally, professionally, and spiritually?

Scripture

References named in this chapter:

What the passage says in context:

What I am considering, without presenting my interpretation as certainty:

Chapter 3: recognize and reflect

What sentence, image, tension, memory, or possibility stayed with me?

What is observable fact or evidence?

What belongs to my personal testimony or lived experience?

What am I interpreting? What alternative interpretation also deserves consideration?

What emotion or embodied response may be giving me information?

What responsibility, relationship, boundary, or context must remain in view?

Chapter 3: discern and respond

What might I be spiritually discerning? How will I test it through Scripture, context, time, counsel, humility, and fruit?

What is not yet clear, and what permission can I give myself not to force?

What one faithful, proportionate, ethical, and possible response can I take?

When will I review the fruit of that response?

Prayer

God of wisdom and truth, help me receive what is mine to receive, release what is not mine to carry, test what requires testing, and respond with humility, courage, love, and integrity. Guard the dignity and privacy of every person touched by my decisions. Give me patience where meaning is still maturing. Amen.

Next-action record

Action	By when	Support or boundary	Review date

Chapter 4 reflection

Before listening

What is present in me as I begin: intellectually, emotionally, physically, relationally, professionally, and spiritually?

Scripture

References named in this chapter:

What the passage says in context:

What I am considering, without presenting my interpretation as certainty:

Chapter 4: recognize and reflect

What sentence, image, tension, memory, or possibility stayed with me?

What is observable fact or evidence?

What belongs to my personal testimony or lived experience?

What am I interpreting? What alternative interpretation also deserves consideration?

What emotion or embodied response may be giving me information?

What responsibility, relationship, boundary, or context must remain in view?

Chapter 4: discern and respond

What might I be spiritually discerning? How will I test it through Scripture, context, time, counsel, humility, and fruit?

What is not yet clear, and what permission can I give myself not to force?

What one faithful, proportionate, ethical, and possible response can I take?

When will I review the fruit of that response?

Prayer

God of wisdom and truth, help me receive what is mine to receive, release what is not mine to carry, test what requires testing, and respond with humility, courage, love, and integrity. Guard the dignity and privacy of every person touched by my decisions. Give me patience where meaning is still maturing. Amen.

Next-action record

Action	By when	Support or boundary	Review date

Chapter 5 reflection

Before listening

What is present in me as I begin: intellectually, emotionally, physically, relationally, professionally, and spiritually?

Scripture

References named in this chapter:

What the passage says in context:

What I am considering, without presenting my interpretation as certainty:

Chapter 5: recognize and reflect

What sentence, image, tension, memory, or possibility stayed with me?

What is observable fact or evidence?

What belongs to my personal testimony or lived experience?

What am I interpreting? What alternative interpretation also deserves consideration?

What emotion or embodied response may be giving me information?

What responsibility, relationship, boundary, or context must remain in view?

Chapter 5: discern and respond

What might I be spiritually discerning? How will I test it through Scripture, context, time, counsel, humility, and fruit?

What is not yet clear, and what permission can I give myself not to force?

What one faithful, proportionate, ethical, and possible response can I take?

When will I review the fruit of that response?

Prayer

God of wisdom and truth, help me receive what is mine to receive, release what is not mine to carry, test what requires testing, and respond with humility, courage, love, and integrity. Guard the dignity and privacy of every person touched by my decisions. Give me patience where meaning is still maturing. Amen.

Next-action record

Action	By when	Support or boundary	Review date

Chapter 6 reflection

Before listening

What is present in me as I begin: intellectually, emotionally, physically, relationally, professionally, and spiritually?

Scripture

References named in this chapter:

What the passage says in context:

What I am considering, without presenting my interpretation as certainty:

Chapter 6: recognize and reflect

What sentence, image, tension, memory, or possibility stayed with me?

What is observable fact or evidence?

What belongs to my personal testimony or lived experience?

What am I interpreting? What alternative interpretation also deserves consideration?

What emotion or embodied response may be giving me information?

What responsibility, relationship, boundary, or context must remain in view?

Chapter 6: discern and respond

What might I be spiritually discerning? How will I test it through Scripture, context, time, counsel, humility, and fruit?

What is not yet clear, and what permission can I give myself not to force?

What one faithful, proportionate, ethical, and possible response can I take?

When will I review the fruit of that response?

Prayer

God of wisdom and truth, help me receive what is mine to receive, release what is not mine to carry, test what requires testing, and respond with humility, courage, love, and integrity. Guard the dignity and privacy of every person touched by my decisions. Give me patience where meaning is still maturing. Amen.

Next-action record

Action	By when	Support or boundary	Review date

Pathway exercise: choose the present doorway

Pathway	The question I may be carrying	My present fit
Professional Calling	How are preparation, faith, experience, and responsibility converging?	
Prophetic Formation	How do I hear, test, mature, and steward responsibly?	
Leadership	What kind of person must I become to carry authority as service?	
Spiritual Identity	What part of me is returning, integrating, or coming home?	
Transitions	What is this threshold forming before it resolves?	
Grief and Redemption	What deserves grief, tenderness, repair, or release?	
Assignments to Nations	What formation, culture, counsel, and responsibility must precede sending?	

The pattern map

What has repeated across roles or seasons?

What has produced good fruit?

What has produced depletion, distortion, or harm?

What preparation has become newly relevant?

What small key may belong to a widening field?

A 30-day integration rhythm

Days	Movement	Daily practice
1–7	Recognize	Listen to one chapter or excerpt; capture one phrase, fact, feeling, and question.
8–14	Reflect	Review Scripture in context; distinguish evidence, testimony, interpretation, and discernment.
15–21	Discern	Seek counsel; consider alternatives; watch timing, fruit, freedom, responsibility, and boundaries.
22–28	Respond	Take one proportionate action; document what occurred without exaggerating meaning.
29–30	Review	Name what became clearer, what remains open, and what rhythm should continue.

Week 1 review

What changed?

What remained steady?

What fruit can I observe?

What requires counsel, correction, rest, or continuation?

Week 2 review

What changed?

What remained steady?

What fruit can I observe?

What requires counsel, correction, rest, or continuation?

Week 3 review

What changed?

What remained steady?

What fruit can I observe?

What requires counsel, correction, rest, or continuation?

Week 4 review

What changed?

What remained steady?

What fruit can I observe?

What requires counsel, correction, rest, or continuation?

Facilitated-circle preparation

The insight I can share without disclosing another person's private information:

The question on which I welcome reflection rather than instruction:

The boundary I will maintain:

The kind of support I am requesting: listening / prayer / ideas / professional perspective / accountability / none:

The action I will decide for myself after the conversation:

Circle covenant

- Speak from personal experience.
- Do not diagnose, prescribe, pressure, prophesy over, or extract disclosure from another participant.
- Keep confidentiality while acknowledging that no group setting can promise absolute secrecy.
- Do not share protected health information or identifying professional cases.
- Make room for difference, silence, uncertainty, and a decision not to act.
- Direct urgent clinical, mental-health, safeguarding, legal, or security needs to appropriate qualified support.

My 90-day statement

The pattern I now recognize:

The interpretation I am testing:

The counsel and context I will include:

The next faithful response:

The boundary that keeps the response ethical and proportionate:

The fruit I will review in 30, 60, and 90 days:

Closing prayer

God of wisdom, mercy, and faithful presence, thank You for what has become visible and for what remains unfinished. Keep me truthful about evidence, humble about interpretation, patient in discernment, and faithful in response. Form my character alongside my capacity. Let my work serve people without consuming my humanity. Let every widening assignment remain accountable to love, justice, wisdom, and peace. Amen.