



Tool for Personal Growth

Here is a practical tool you can use to reflect on what you can in a sacred sacrifice.

The spiritual journey is not measured only by what we receive, but by what we learn to offer. Over the next seven days, pause each day to reflect on one question and translate your reflection into one small, sincere action.

1. Day 1: What Has God Given Me?

1.1. Reflection: What blessings, abilities, relationships, resources, or opportunities have I received?

1.2. Practice: Identify one blessing and consciously offer gratitude to God for it.

2. Day 2: What Can I Let Go Of?

2.1. Reflection: What attachment, habit, comfort, or preference sometimes prevents me from serving others?

2.2. Practice: Consciously give up one small comfort or attachment today.

3. Day 3: What Do I Have to Offer?

3.1. Reflection: What time, knowledge, skill, resource, or ability has God given me that could benefit someone else?

3.2. Practice: Use one of your abilities to help another person.

4. Day 4: Whom Can I Serve?

4.1. Reflection: Who around me could benefit from my attention, kindness, assistance, or encouragement?



4.2. Practice: Perform one act of seva without seeking recognition.

5. Day 5: What Is My Intention?

5.1. Reflection: Before performing an important action today, ask: *Why am I doing this?*

5.2. Practice: Consciously dedicate one action to God before beginning it.

6. Day 6: What Does Sacrifice Mean for Me?

6.1. Reflection: What could I give today that would require genuine time, effort, comfort, or personal resources?

6.2. Practice: Make one offering that involves meaningful personal sacrifice, according to your capacity.

7. Day 7: What Is Changing Within Me?

7.1. Reflection: After practicing selfless giving for a week, what have I noticed in my thoughts, emotions, and relationships?

7.2. Practice: Reflect on how offering to others has affected your own heart.

Closing Reflection:

At the end of the seven days, consider:

- Did I give merely from my surplus, or did I offer something that truly required me to stretch beyond myself?



- Did I seek recognition, or was I content to serve quietly?
- Did my offering feel like a loss, an obligation, or an opportunity to express gratitude and devotion?

The goal is not to compare our sacrifice with anyone else's. As the story of the golden squirrel reminds us, the value of an offering cannot be measured by its outward size alone. What matters is the love, sincerity, and spirit of surrender with which it is made.