

# Spiritual Reflection

The New Testament has lots of 'one another' instructions.  
Reflect on how you've done with each of these in the last month

## Love

This is My commandment, that you love one another as I have loved you.

JOHN 15:12

## Forgive

forgive one another, as God has forgiven you through Christ.

EPHESIANS 4:32

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## Pray

Pray for one another

JAMES 5:16

## Encourage

encourage one another and help one another

1 THESSALONIANS 5:11

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# Spiritual goals

The New Testament has lots of 'one another' instructions.  
Set goals for each of these instructions for the next month

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