



UNWRAPPING GOD'S GIFTS IN YOUR LIFE

KEYNOTE REFLECTIONS

CDA NATIONAL CONVENTION JULY 22, 2026

- ♥ What specific gifts has God given to me?
- ♥ Make a list of my strengths, talents, skills and abilities. Don't be humble! Claim them!
- ♥ Do I take them for granted and underestimate them because they are part of me?
- ♥ When I pray, do I do all the talking or do I listen for what God has to say to me?
- ♥ Am I choosing to live my life in fear or in faith? Do I hold on to past hurts, sadness, anger or regrets?
- ♥ Who are the people God has placed in my life to be my advocates and allies?
- ♥ Am I open and honest enough to ask for their help? Can I accept that help when I need it most?
- ♥ Do I understand that maintaining friendships takes effort? Am I a true friend to those who need me?
- ♥ Do I acknowledge that some people are not difficult, they are just different than I am?
- ♥ How can I change my attitude to interact with truly difficult people with wisdom and grace?
- ♥ Could I be part of the problem with the ways I communicate and treat others?
- ♥ How would I describe the unhealthy relationships in my life? How are they impacting me?
- ♥ What steps can I take to change them? Do I need to ask for help? From whom? When will I ask?
- ♥ Am I in healthy relationships where I feel safe, valued and respected as a person of worth?
- ♥ How will I set boundaries if I am in an unhealthy relationship?
- ♥ Who are the people I need to forgive?
- ♥ If God has forgiven me, do I need to work on forgiving myself?
- ♥ Am I where God wants me to be? Am I listening for His guidance and direction?
- ♥ How can I better discern and follow God's plan and purpose for my life?
- ♥ Do I recognize and appreciate the special and unique gifts God has bestowed upon me?
- ♥ How can I use these gifts – my strengths, talents, skills and abilities – in service to others?