



A note from one ministry leader to another.

You can preach the sermon, write the curriculum, lead the group, send the Tuesday email. What you can't do is sit inside your people's heads on a Wednesday afternoon and ask them the honest question.

That gap between Sunday and Monday is where most growth quietly stalls. Not because your people lack information, but because we've lost the art of Gospel self-examination. The hard inward question is where the Spirit of God does His work, and it's the one we keep avoiding. You can cast vision for it on Sunday and build structure around it in small groups. What happens in the quiet between gatherings is mostly beyond your reach.

Every pastor knows the two patterns.

The person who knows their Bible cover to cover but whose marriage, anger, or anxiety hasn't moved in five years. And the person carrying quiet shame, who can quote the verse but cannot seem to receive it for themselves. One has filled the gap with knowledge. The other with condemnation. Most people have never learned to do two things in sequence. Face themselves honestly before the Lord and then anchor what they find there to what Scripture actually says about it.

Why I'm writing.

Those two patterns were/are true for me. I came to faith at nine. Planted a church with Acts 29 in Broomfield, CO, served as a lay elder for 14 years in St. Charles, MO, and spent 16 years building tech companies. Yet, there were corners of my own heart I could not get traction in. Not for lack of study or counseling. I kept avoiding hard questions I needed to ask. It was easier to talk about the Bible or daily life. When I finally built a daily practice of honest, Gospel-rooted self-examination, things started to move. I looked for a tool to help create a new instinct and rhythm that wasn't gamified, social, or engineered to push more content. I couldn't find one. So, I built one.

What RFLCT. Is.

One to two gospel-centered questions a day, drawn from 22+ areas of life. Anchored to Scripture in **ESV, CSB, BSB, or KJV** (more coming). Five minutes. No feed. No streaks. No shame. No ads. No tracking. The app gets out of the way so the reflection can happen.

What it does in your small groups.

Most small groups never get past the surface. Weather, work, what the kids are up to. Polite. Forgettable. The leader can feel it but can't always fix it. RFLCT. gives the group a shared language for what's going on underneath. Your people reflect on their own through the week, five minutes a day, on one or two honest questions. They walk in with something they've already sat with instead of a cold answer to a discussion prompt. Since the group is working through similar categories, like Anger, Identity in Christ, Anxiety, or Marriage, the room shares a vocabulary. The conversation gets where small groups are meant to go.

Two ways to bring it to your church.

Free for you and your key leaders

Before you recommend anything to your congregation, you should try it yourself. Reply and I'll set up free access for you and the people who lead your groups.

\$9.99/year for your people.

If it fits, your congregation gets RFLCT. Pro for \$9.99/year instead of the \$29.99 standard. A quiet investment for the people in your church ready to go deeper.

If any of this resonates, the next step isn't a sign-up.

It's a 20-minute call. I'd rather hear what you're seeing in your church than walk you through a feature list. Reply to this email or reach me directly.

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