

STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

Q# 1

What one piece of art (or art form) has been a way for God to speak to you in your life? What music, image or object has touched your soul at some point?

[illegible]

“If you're not a thorn in
somebody's side, you aren't
doing Christianity right.”
Mother Angelica

Q# 2

Describe a place where you have felt the presence of God without any words being spoken?

[illegible]

Going Deeper

What does the beauty of art, architecture, music or design tell you about the nature of God? What do you feel he wants to tell you through the things that move your soul?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Spend some deliberate time this week allowing God to speak to you through art or music or design or nature. Allocate some time to immersing yourself (on purpose) in the presence of God through truth, beauty or goodness.



“Friendship is born at that moment when one person says to another, “What! You too? I thought I was the only one!” ”

CS LEWIS