

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:

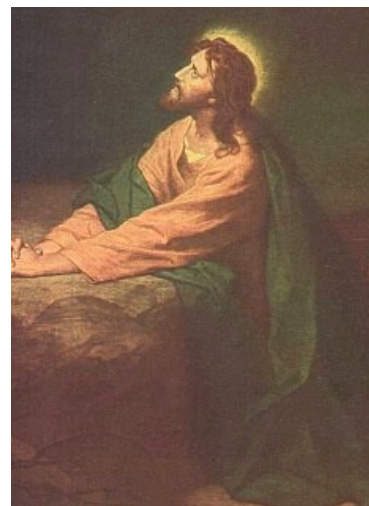
Q# 1

In what ways is prayer feeling fruitful for you right now? In what ways are you reaping the benefits from praying to God?

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Q# 2

In what ways is prayer really hard for you right now? Is there anything that you think that God might be telling you through and by using this difficulty?

[illegible]

"Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit, and raises man to Heaven."

St Ephrem

Going Deeper

Is there anything more that you could do to introduce prayer into your classroom? In what ways can you encourage your students to develop prayer in their own lives?

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

"Let us all resign ourselves into His hands, and pray that in all things He may guide us to do His Holy Will. When thoughts of this or that come I turn to Him and say: "Only what you will, my God. Use me as You will."

St Mary MacKillop

Action Steps

Try to commit to beginning every class with prayer. At the very least offer each lesson up to God in prayer. Pray for your students and commit them to God's grace. Prayer doesn't have to be long or eloquent - just something honest and seeking of God.