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:

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)	ou've taken consolation and joy from your faith?
	think of a parcap that you know that could use the jay of the Lord in
n you	think of a person that you know that could use the joy of the Lord ir s? What can you do to witness God's joy to this person?
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"There is one and only one possible road to joy: selfless love."

Peter Kreeft

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How do you think you can better witness to your students of the joy that God brings?

Action Steps

This week, start every day by thanking God for three different things in your life that you're grateful for. Take the time to reflect on what brings you joy in your life.



"Do not waste time bothering whether you "love" your neighbour; act as if you did. As soon as we do this we find one of the great secrets. When you are behaving as if you loved someone you will presently come to love him."

C.S. Lewis