

STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

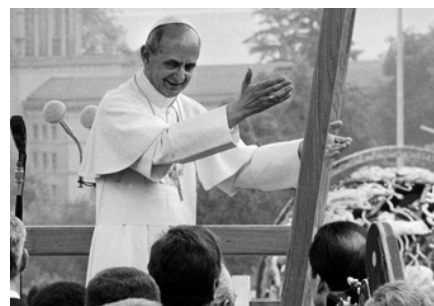
Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

QUESTION ONE

Q#1 How do you feel right at the moment about your overall emotional, spiritual and personal level of fatigue? Be honest with yourself and listen to your heart.

QUESTION TWO

Q#2 What experiences do you find really restore you? What needs to happen for you to be refreshed?



Christ did not found an abstract religion, a mere school of religious thought. He setup a community of apostles, of teachers, with the task of spreading His message and so giving rise to a society of believers: His Church. He promised the Spirit of truth to His Church and then sent Him.

POPE PAUL VI

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QUESTION THREE

Q#3 Looking at your answer to Question 2 how present are these things in your life right now? What are two things you would like to do more of and two things you would like to do less of?

QUESTION FOUR

Q#4 In your spiritual journey at the moment do you have any experience of being refreshed or carried by a relationship with Jesus? If so, how could you deepen that experience? If not, what could you possibly do or change that might make it more possible?

ACTION STEPS

Make a firm decision that at some point in the next seven days that you will consciously and deliberately, ‘..come aside to some lonely place and rest.’ Take a journal with you and write down a little of what you experience.



What we need most in order to make progress is to be silent before this great God with our appetite and with our tongue, for the language he best hears is silent love.

ST. JOHN OF THE CROSS