

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 What situations, relationships or experiences bring you the most joy in your life?

QUESTION TWO

Q#2 Looking deep within your heart do you think God has an interest in your joy? Do you think he wants you to experience joy? What images of God come to mind when you think about Him and his attitude to you and joy?



"Joy is the holy fire that keeps our purpose warm and our intelligence aglow."

HELEN KELLER

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Q#3

QUESTION THREE

Have you ever encountered an experience of joy in your faith journey? Have you been able in any way to make a connection between your relationship with God and the experience of joy?

[illegible]

Q#4

QUESTION FOUR

What is something in the world that breaks your heart? How do you think God might feel about it?

[illegible]

ACTION STEPS



"Joy is the serious business of Heaven."

C.S. LEWIS