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?	
\#O	QUESTION TWO Looking deep within your heart do you think God has an interest in your joy?	"Joy is the holy fire that
2 #2_	Do you think he wants you to experience joy? What images of God come to mind when you think about Him and his atttiude to you and joy?	keeps our purpose warm and our intelligence aglow."
		HELEN KELLER

STAFF PERSONAL REFLECTION JOURNAL Going Deeper

Q#3

Q#4

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



"Joy is the serious business of Heaven."

C.S.LEWIS

ACTION STEPS

1. For the next week constantly reflect on the concept of joy. Are you bringing joy into your encounters with colleagues and students? Make a few moments each evening to reflect upon the amount of joy in your day. Joy is both an unexpected experience but also can be something we need to work at. Make a decision to try and be deliberately joyful in the coming days regardless of circumstances.