

STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

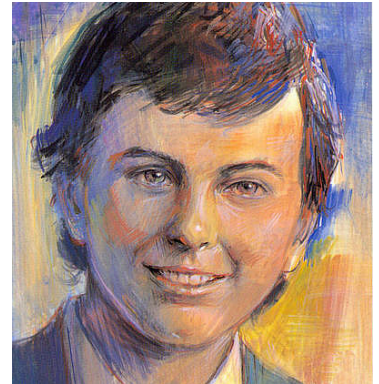
Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

Q# 1

Recall a time in your life when you experienced a period of spiritual growth? What brought this about? What did you do? What did God do?

Q# 2

What interests or attracts you in terms of spiritual growth? What practices or habits are easy for you or appealing?



"I am not capable of doing big things, but I want to do everything, even the smallest things, for the greater glory of God."

St. Dominic Savio

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Q#3

Being really honest with yourself how committed do you feel you are to the ideal of permanent formation? How committed are you to knowing Jesus more? What would you change? What would you like to do more of?



“Since Christ Himself has said, 'This is My Body' who shall dare to doubt that It is His Body?”

St. Cyril of Jerusalem

Action Steps

Looking at the list below from this week's Church document take one small action this week to do one of following to grow in 'permanent formation.'

“...reading periodicals and pertinent books, attending conferences and seminars, participating in workshops, assemblies and congresses, making appropriate use of periods of free time for formation.”