

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:

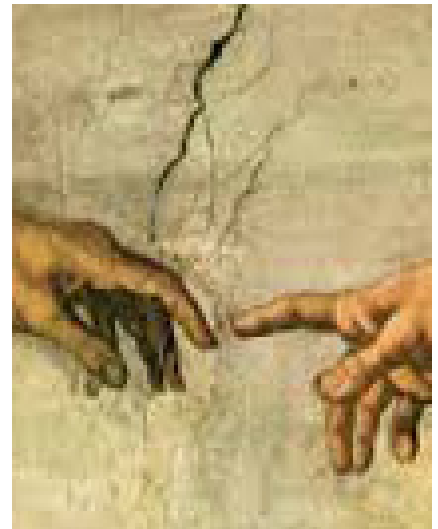
QUESTION ONE

Q#1 This week we explored the idea that the Catholic Church is like a vast mansion with many rooms. What particular aspects of Catholicism have you found most interesting, appealing or fascinating in your life journey so far?

QUESTION TWO

The term 'capax dei' - the capacity for God, is a powerful way to understand a central aspect of what it means to be human. Describe a time in your life when you felt a strong sense of God's presence.

Q#2



Capax Dei - the human capacity for God.



"If there is meaning in life at all, then there must be meaning in suffering.

VICTOR FRANKL

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QUESTION THREE

Q#3 Can you describe another experience in your life when you felt that in some way your sense of faith was deepened?

QUESTION FOUR

Q#4 Who is the most faith-filled person you have met in your life so far? Describe them and how you see the presence of God in their lives.



"SORROW CAN BE
ALLEVIATED BY GOOD
SLEEP, A BATH AND A
GLASS OF WINE."

ST. THOMAS AQUINAS

ACTION STEPS

1. Use Google to find out about the 'Seven Gifts of The Holy Spirit.'
2. Pick two of the gifts you find most appealing and make a conscious effort to try and live out these two gifts deliberately in practical ways over the next seven days.