

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 has been the lonliest time of your life so far? What do you remember about this time? How did you feel?

QUESTION TWO

Q#2 Who are the people that form your most important 'community'. What bonds you together? In what ways do they bless your life? What do you most value about them?

QUESTION THREE



"Make it a rule, and pray to God to help you to keep it, never, if possible, to lie down at night without being able to say: "I have made one human being at least a little wiser, or a little happier, or at least a little better this day.""

CHARLES KINGSLEY,

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Q#3

Can you think of a time in your life when someone reached out to you when you were lonely or down? What do you remember about this experience?

QUESTION FOUR

Q#4

Often, times of loneliness or sorrow can be invitation into a deeper spiritual journey or a deeper experience of what it means to be human? Looking back over your life, what have you learned from times of loneliness, isolation or grief?



“Aloneness can lead to loneliness. God’s preventative for loneliness is intimacy - meaningful, open, sharing relationships with one another. In Christ we have the capacity for the fulfilling sense of belonging which comes from intimate fellowship with God and with other believers.”

NEIL T ANDERSON

ACTION STEPS

1. Identify one staff member or student whom you sense struggles with loneliness, isolation or not fitting in. Make them the focus of your time, kindness and friendship over the next five days.
2. Make a firm commitment each morning to bring this same person to God in prayer with a deliberate sense of compassion in your heart.