

Theological Reflection

Focus Questions

- What situation in your life right now do you feel is most on your heart?
 - Is it a situation that happened with;
 - Friend, Family member, co-worker, some random person?
 - Did the situation happen a week ago, a year ago, 20 years ago and you are still having a hard time letting it go?
 - A situation that may happen tomorrow or next week?
 - Was there something left unsaid to someone and you're looking for closure?
 - A friendship ended
 - Someone who has passed
- *Verbatim*; write it out word for word as best you can remember.
 - What did they say, what did you say?
 - How did it make you feel then?
 - How does it make you feel now?
 - Happy, Sad, Tense, Relieved, Anxious, Depressed, Angry, Peaceful, Excited, Confident, Unsure, Vulnerable...
- **What** Scripture passage/OFS Rule best speaks to your situation?
 - Look up the Scripture passage/Rule.
 - Write down its message.
 - **How** does it speak to your situation?
- *Dialogue*; what do you think your culture would say about your situation? What do you think your faith tradition would say?
- After having written all this and looking at the bigger picture,
 - Pray about it
 - What do you think God's message is for you?