



Faith Reflection (Theological Reflection)

The purpose of this review is to help you think about your experiences over the past week or two and to reflect on them in the light of your Christian faith.

Stage 1 - See

Think about the past week. Can you identify one thing that has happened (a situation, conversation, meeting, event, challenge) to you or someone you know which made you think, feel angry, ask questions etc? Describe it in the space below:

What caused this situation? Why did it happen? Why did people act as they did? What are the background causes?

How did this make you feel?

Stage 2 – Judge

What are the human consequences? Who benefits and who suffers?

What are the powers at work? (e.g. racism, consumerism, inequality)

What do you think about this? Is it right or wrong? Should things be different? How?

Can you think of a bible reading or other theological material that has some relevance to the human consequences and powers you identified in Step 2? Read one or two of these.

What strikes you in these readings? How do they call us to act?

Stage 3 Act

Try to apply the readings in stage 2 to the situation you described in stage 1

What alternative lines of thought and action do they suggest? How do you think Jesus would have reacted in a situation like this?

Can you identify questions which might lead to better analysis? Is there anything more you need to find out? How can you do this?

Is there anything you can do to improve the situation or bring healing? Can you suggest creative alternative solutions?

Use this space to record any ideas you have to follow up on this review – action you might take, research you might want to undertake, questions you might want to come back to etc.