

Our Lady of the Holy Rosary—St. Richard Catholic Church

JOURNEY OF *Faith*

REFLECTION

1. Where, when, how, or in what ways did you experience the presence of God in your journey of faith this week?
2. What message stood out most for you in what you read, saw, heard, or experienced this week and what meaning does it have for you in your journey of faith?
3. What difference will this message make in the way you choose to now live and to transform your life? You could choose to make one, specific, affirming statement, such as "This coming week I desire and will seek to.....

be more loving to [name a specific person or group of persons] *by* [name a specific action you will do or refrain from doing]; or

express my gratitude to [God, a specific person, object, or event] *for* [name a specific character trait, event, or experience]; or

let go of my anger arising from [name a specific event or experience]; or

let go of my worry over [name a specific person or concern] *and to trust in God*; or

stop judging [name a specific person or group of persons] *for* [name a specific act, event, or experience]; or

spend ____ minutes each day outside reflecting on the beauty and goodness of nature around me.

These are just some examples, and you may choose any other specific desire and action that comes to your awareness.

4. You may choose to write in your journal your thoughts, feelings, insights, inspirations, or questions that arise for you from what you have read, saw, heard, or experienced in your journey of faith this week.