

INVITATION TO A JOURNEY REFLECTION

Schedule:

November 30th (Monday) Discuss Part 1 and its Practices

December 14th (Monday) Discuss Part 2 and its Practices

December 28th (Monday) Discuss Part 3 and its Practices

January 7th (Thursday) Discuss Part 4 and its Practices

Zoom Link:

<https://intiversity.zoom.us/j/98254022696>

A helpful accompanying podcast:

<https://transformingcenter.org/strengthening-the-soul-of-your-leadership-podcast/season-ten/>

Note: Additional reflection questions are in the back of the book (Study Guide)

Chapter 1 Practice: Praying with your personal graced history

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response

Chapter 2 Practice: Silence

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response

Chapter 4 Practice: The Examen or Daily Review

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response

Chapter 5 Practice: Celebrating our creation gifts

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response

Chapter 9 Practice: A spiritual inventory

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response

Chapter 10 Practice: Sitting with our dead body

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response

Chapter 11 Practice: Practicing good posture for the soul

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response
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Chapter 12 Practice: Our spiritual formation for the sake of others

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response

Chapter 13 Practice: Living in creative tension

What are you learning about yourself?

What are you learning about God?

How did God meet you through this practice?

Name	Response
