

## CONTEMPLATIVE REFLECTION FORM: Just One Thing

*"I felt God's pleasure."  
"I am just like them."  
"I killed the writer in me."  
"My last close friend just died."*

**REFLECT.** Sometimes a potent statement from a conversation partner remains with us. Pause now and remember something said by one of your conversation partners that continues to dwell with you....

**WRITE.** Write the quote down here:

**ASSOCIATE.** What associations do you have with these words? How do they speak into your life?

**CREATE.** Incorporate these words into a French pantoum or, if you have art supplies, into a collage. Here are the [Instructions for writing a French pantoum](#). Notice what arises in you as you engage these words with your imagination.

**PRAY.** What is God inviting you to as you ponder these words? How will you respond?

**SHARE.** Share with your supervision group both the words spoken by your conversation partner and your creative response.

## Instructions for Writing a French Pantoum

### Stanza 1:

Line 1

Line 2

Line 3 (rhymes with line one)

Line 4 (rhymes with line 2)

### Stanza 2:

Line 5 (repeat of line 2 in stanza 1)

Line 6 (new line)

Line 7 (repeat of line 4 in stanza 1)

Line 8 (new line)

### Stanza 3:

Line 9 (line 2 of stanza 2)

Line 10 (line 3 of stanza 1)

Line 11 (line 4 of stanza 2)

Line 12 (line 1 of stanza 1)