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.

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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)

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