

## Theological Reflection Paper

This 5-page (double spaced, 12 font) reflection should record a process of theological reflection on a critical incident or a specific topic.

You are encouraged to reflect on this topic either by yourself or with me.

These papers should follow the steps below.

- Record your experiences, insights, and learnings from the theological reflection.
- A Framework for Theological Reflection Focus on some aspect of your experience
- Don't judge what happened —this involves giving the “who,” “what,” “when,” “where,” and “how” of an event. It does not include the “why” since “why” invites interpretation.
- Sit and let the “Heart of the Matter” emerge
- Not judging the event allows you space to explore all of the event's meanings. It allows the central issue, wonderment, conundrum to become apparent.
- What feelings come up for you?
- What image or issue arises out of this reflection?
- What issue or question contains the most energy at the time of reflection?
- Explore the "heart of the matter" along with the wisdom of a religious or faith heritage.
- Bring resources from your religious heritage or lived spiritual experience into the exploration: sacred texts, history, doctrine, theology (How you think about G-d or a being greater than yourself), practices, liturgy (how you practice your faith or experiences), popular devotions, etc.
- Identify new learnings and calls to action.

- With this new insight, what is the new action in your life? What are you going to do about it.