

Reflection Questions:

Reflection is often a means by which Christians have discovered the influence of God in their daily lives. While it is not necessary to write out your reflections, it is often helpful to do so – so you may want to have some kind of writing utensil and paper available for your reflection time.

Use some time to relax in whatever way best helps you to enter in to the peace of God’s presence – take a stroll, find a spot to sit quietly ... whatever helps you to “settle down” and get quiet enough to notice God’s presence supporting and surrounding you. Take as much time as you need to do this.

After you are settled, allow yourself to respond to one of the following reflection prompts (or take some time to reflect on something that is on your mind today), asking the Lord to lead you as you do so:

1. You are about to embark on your seminary journey - how are you feeling about this? What are you hoping for?

- Take some time to reflect on how you feel about starting seminary – note that you may be feeling several “different” ways all at once! What are the dominant feelings you have today? Why do you believe that you are feeling this way right now?
- What do you desire during your seminary experience: from your studies? from relationships with people you will meet? from yourself? from God?
- Take some time to pray – talk with God about how you’re feeling, as well as what you are hoping for as you begin this important new time in your life as a seminarian.

2. How do you find yourself in the presence of God today?

- How are you *right now*:
 - Physically? Mentally? Emotionally? Spiritually? Why do you believe this is so at this particular time in your life?
- Is there any particular facet of your life in which you desire more of God’s peace? Is there anything in your life in which you discern that God desires more peace or *shalom* for you?
- Take some time to pray - talk with God about what you are noticing and be open to any ways God may want to respond to you.