**Using the Pastoral Cycle**

**1. Naming the Experience: choosing an event on which to reflect**

Choose an event, a moment, a conversation or a situation. As you recall the event, ask yourself:

• What happened?

• Who was involved?

• What did you do or say?

**2. Exploring the Experience: finding another layer to the event**

To explore another layer in this event, ask yourself:

• How did you feel?

• What challenged, stimulated, or disturbed you?

• What was happening for others in the situation?

**3. Digging Deeper: expanding your thinking**

To discover another layer of reflection, ask yourself:

• What do you think about the situation?

• What core values emerge as you think about this event? • What values are different from yours?

• What social issues, power issues, or economic issues are at work?

**4. Making Faith Connections: finding God at work in this event**

To make faith connections, ask yourself;

• Where is God present for you in this situation?

• Where is God present for others?

• Does this event remind you of a different passage, a hymn, or other resources from your faith tradition?

• What theological issues or themes are present?

• What traditions of church speak to this situation?

• Are you affirmed or challenged in your present actions or beliefs?

**5. Learning: naming your discoveries**

To draw out what you have learned, ask yourself:

• What questions still linger?

• Were you challenged to change present actions or beliefs?

• What have you learned about yourself?

• What have you learned about God?

• What do you need?

• What will you do now?

**6. Praying: taking time with God**

To conclude your reflection, write a prayer emerging from reflection on this event

Adapted from : Reflecting with God. Connecting Faith and Daily Life in Small Groups Abigail Johnson Alban Institute (2004)