

## **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)