

Personal Reflection Sheet

Introduction: These questions can be used as a guide for self-reflection or for a debriefer to help someone process their experiences in ministry at any significant transition point (e.g., end of term, end of service, end of a significant project). It may be that not every question applies so the person may pick and choose the questions that are most relevant for their situation.

How you use this is entirely up to you, but we hope it will serve as least the following purposes:

- To help you reflect, before the Lord, on your experiences and questions
- To help you process the life experiences of recent years with a trusted person

It may help you to draw a 'map' or 'timeline' of your journey over the past few years (e.g.; since your last period at home, or since you started a new job – whatever the last major milestone was). Include the mountains and valleys, the crossroads, the tortuous bends in the path, the breathtaking views, the time when the fog closed in, etc.

The reflection questions cover four main areas, which obviously overlap to some extent. You may want to spread them out over a few days so that you have time to reflect as you go along. You may find it helpful to use the following grid to help you work out what to do with each item.

Ask yourself, in relation to any situation, relationship, challenge, need, etc.:

1. What exactly is my perception of the situation?
2. How do I feel about it?
3. What questions does it raise? Can anything be changed?
4. What action can I take next?

We encourage you to bear in mind all the wonderful truths of which the Psalmist speaks in Ps: 139 and to be as honest as possible with the Lord and with yourself at every level: in your thoughts, feelings, hopes, anxieties, questions, needs, joys...

A GENERAL PERSONAL REFLECTION

1. These are the reasons I have for celebration now that I have reached this particular age and stage of my life...
2. These are some of the concerns I have at this age and stage of my life...
3. These have been some particular moments of joy and thanksgiving in recent days...
4. A. These have been the moments of pain...

- B. And this is how I have been dealing with them...
5. These are some of the lessons I have learned recently, either through the Word of God in my life, or through the words and lives of other...
 6. During the last year, some truths I have come to realize about myself are...
 7. I have realized through the following (please list) that serving God is continuously costly...
 8. These are some of the residual doubts and uncertainties...
 9. These are some of the things I have felt stimulated or challenged by at the intellectual level...
 10. A. These are the gifts God has given me...

B. I have been glad to use them in...

C. I have not found it easy to use/develop them in...
 11. These are some of my weaknesses...
 12. I still feel the need for personal growth in...
 13. This is where I feel I am now in relation to my single/married state...
 14. This is where I feel I am now in my relationship with:
 - a) Parents
 - b) Brothers and sisters
 - c) Other family members
 - d) Friends
 - e) Husband/wife/children
 - f) My mission organization

You may like to close this part of your reflection by writing a prayer of praise , confession and petition to God, and making a note of anything particular you want to follow up with some definite action.

A REFLECTION ON MY WALK WITH GOD

1. Using the 'journey' metaphor, this is where I feel I am in my relationship with God at present (e.g. by still waters, in a dry and a dusty land)...
2. These seem to be the reasons...

3. These are the ways and contexts in which I have been giving out spiritually recently...
4. These are the ways in which I have received spiritual nourishment...
5. A. These are the spiritual responsibilities I have carried recently...
B. This is how I feel about the way I carried them...
6. These are my areas of spiritual opportunity at present...
7. These are the areas of spiritual need...
8. A. I feel that my spiritual life has been developing in the following areas...
B. I feel that my spiritual life has been stagnating in the following areas...
9. When I think of the fellowship of believers to which I belong (home/church/house group/church where I serve) my heart feels...
10. These are the Christian friends to whom I look most for support...
11. These are the ones who look most to me for support...
12. This is the deepest longing of my heart at present...

A REFLECTION ON MY MINISTRY

Your reflections in this section may prove useful in any discussions you may have with your organization or immediate supervisor.

1. A. As I reflect on my last period of service, this is where I felt I succeeded... (as opposed to what others said to me)
B. This is where others thought I succeeded even though I didn't feel it...
2. This is where I felt feelings of failure...
3. These are the aspects of my life that gave me most joy and satisfaction...
4. These are the things I found most stressful, frustrating or difficult...
5. This is what I learned through the above experiences...
6. This is how I feel about leaving my adopted country/colleagues/national friends...

7. These are the questions and concerns that the last period of service raised for me...
8. These are the ministry goals I set when I started out on my last period of service...
9. This is what happened to them...
10. This is how I feel about returning after home leave...
11. This is what I anticipate my future service will be...
12. These are my hopes and ambitions for the future...

Again you may like to summarize your thoughts in a prayer to God.

A REFLECTION ON TRANSITION

1. This is how I have been affected by coming home/back to the West/starting a new job...
2. This is how the change has affected my family...
3. A. These are the changes I have noticed in my church here...
B. This is how I am coming to terms with them...
4. These are the most exciting aspects of being in transition...
5. These are the most difficult or disorienting aspects of being in transition...
6. These are the adjustments I need to make...

As a final summary of your reflections, you may like to write a composite prayer incorporating your insights in the form of praise, thanksgiving, confession, and requests to God.

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Note: we would like to give credit to the source of this tool, which we have adapted, but we were handed this some years ago and it did not have a source noted on it. Nor can we recall who handed it to us! Please let us know if you know who originally created this helpful tool.

Thanks, www.mmct.org/contact