

# Theological Reflection

The purpose of periodic self-reflections is to evaluate the integration of prayer, studies and ministry in daily life. It is through application of what is studied, thoughtful prayer and meditation and the process of self-evaluation that growth can be seen. May you continue to be blessed on your journey to answer God's call to ministry.

Theological reflection is the discipline of exploring individual and corporate experience in conversation with the wisdom of a religious heritage. The conversation is a genuine dialogue that seeks to hear from our own beliefs, actions and perspectives, as well as those of the tradition. It respects the integrity of both. Theological reflection therefore may confirm, challenge, clarify, and expand how we understand our own experience and how we understand the religious tradition. The outcome is new truth and meaning for living.

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