

Sophomore Year Personal Reflection Paper Instructions

The reflection process is a required part of the Saint Viator Christian Service experience. A student's Christian Service requirement will not be considered fulfilled until the reflection process is completed. This reflection process will give the students an opportunity to relate their Christian Service Experience to the teachings of Jesus and the Catholic Church and apply the lessons learned to their own lives.

Each year students will also be required to complete 1 Personal Reflection Paper. This can be done any time throughout the year after the student has completed at least 20 hours of service. The student should choose the experience that had the most profound affect on them personally to use as a basis for the Theological Reflection.

Format Instructions for the Personal Reflection Paper:

The paper must:

- Be 2 pages typed and double spaced
- Be 12 point, Times New Roman Font
- Have 1 inch margins on all sides of the paper
- Not be double spaced between paragraphs
- Be proof read and spell checked
- Have the name of the student and the year of graduation on it

Papers should be turned in to the Service Coordinator in Campus Ministry by June 15th.

Content Instructions for the Personal Reflection Paper:

Choose one of these scripture stories/passages as the basis for your paper:

- A. Exodus 3:7 The Lord said: "I have seen the suffering of my people, and I have heard their cry for help; therefore, I have come down to rescue and deliver them."
- B. 1 John 4: 8ff Whoever does not love does not know God, for God is love. And God showed his love for us by sending his only Son into the world, so that we might have life through him. This is what love is: it is not that we have loved God, but that he loved us and sent his Son to be the means by which our sins are forgiven. Dear friends, if this is how God loved us, then we should love one another. There is no fear in love; perfect love drives out all fear. We love because God first loved us. If someone says he loves God but hates his brother, he is a liar. For he cannot love God whom he has not seen, if he does not love his brother, whom he has seen. The command that Christ has given us is this: whoever loves God must love his brother also.

- C. James 2 : 14 – 17 My brothers, what good is it for someone to say that he has faith if his actions do not prove it? Can that faith save him? Suppose there are brothers or sisters who need clothes and don't have enough to eat. What good is there in your saying to them, "God bless you! Keep warm and eat well!" – if you don't give him the necessities of life? So it is with faith: if it is alone and includes no actions, then it is dead.
- D. Matthew 25:34-40 "Come you that are blessed by my Father! Come and possess that kingdom which has been prepared for you ever since the creation of the world. I was hungry and you fed me, thirsty and you gave me a drink; I was a stranger and you received me in your homes; naked and you clothed me; I was sick and you took care of me, in prison and you visited me." The righteous will then answer him, "When Lord did we ever see you hungry and feed you, or thirsty and give you a drink? When did we ever see you a stranger and welcome you in our homes, or naked and clothe you? When did we ever see you sick or in prison and visit you?" The King will reply, "I tell you, whenever you did this for one of the least important of these brothers of mine, you did it for me!"

Write out the passage (single spaced on top of first page)

Answer the following questions based upon your experience and how it relates to the scripture you chose:

- Why did you choose this passage?
- Why/How does this connect with your service?
- What have you learned from your project? What have you learned about God, yourself, and others?
- Where do you see this passage applied in today's world?
- Does this project give you any insight into your future?

Papers will be reviewed by the Christian Service Coordinator or other Saint Viator High School Faculty. Papers that are not deemed satisfactory may be returned to be rewritten and resubmitted.

The Saint Viator High School Academic Integrity Policy applies to all
Personal Reflection Papers.