

Instructions:

Take some time to prayerfully reflect on the questions below as you consider your week. As you reflect on your week, write out a short response to each question. You will not be turning your reflection questions in. This reflection process is intended for your own personal growth within ADS. It is expected that you complete these questions before you arrive at your Touchpoint each week.

Questions:

1. What emotions came up for you in class as you listened to the teaching (Week A) or participated in the application/processing time (Week B)?
 - Did you find that these feelings prompted or triggered something in your own life?
 - Did these feelings help you better connect with God's presence or make it more difficult?
2. After class time, what thoughts came to your mind throughout the week?
3. Did you notice any resistance within yourself towards your thoughts or emotions this week? If so, in what ways?
4. In what ways did you observe the Holy Spirit assisting you this week?
5. How is your attunement to God's presence growing?
6. How do you notice yourself changing?