

Theological Reflection Group Process

Created by St. Benedict's Workshop

The Purpose

This biblically-grounded reflection group model, created by St. Benedict's Workshop, helps Christians "clothe themselves with Christ" in every aspect of their daily lives. This practice is our core spiritual discipline for Christian formation. It provides disciples with an easily accessible small group process for discerning faithfulness in daily life through a particular pattern of theological reasoning and reflection. Biblical stories and teachings are the primary resources participants use to interpret, analyze, discuss, and respond to the diverse situations and circumstances they encounter in their daily lives.

The Method

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1. Open with prayer
2. Share an event or issue.
3. Ask clarifying questions. This is a time to figure out what is happening, and if there are additional factors or layers to the situation.
4. Go to scripture. Find a story or passage that "rhymes" and that shows a possible faithful response.
 - A. Read the scripture passage. (It is fine to google it or ask the group if anyone knows where it is)
 - B. "I chose this scripture because..."
 - C. "The rhyme for me is..."
 - D. "The possible faithful response I hear in this scripture is..."
 - E. Discuss as a group. Do other people hear additional rhymes? Additional faithful responses? What are the reflections from the person who offered a life event?
 - F. Repeat the process with an a scripture offered by someone else.
5. End with prayer