

## My Triannual Conversation with the Bishop/ Archdeacon Reflections Prompt Sheet

Reflection is an important tool as you prepare to have your conversation with the Bishop/ Archdeacon. We encourage you to spend some quality time reflecting on your mission, vocation and wellbeing. Everyone is different in the way they reflect and pray. We have put together some ideas as an aid for you to use as you wish.

### REFLECTION QUESTIONS

WHAT? ➡ SO WHAT? ➡ NOW WHAT?

#### Mission

1. Where did you see God at work? What happened as a result of your work? Who or what will see a benefit?
2. What has been happening in my ministry in the past year / two/ three years and why?
3. What was the impact of my leadership on xx activity? What came out of it? How did the congregation respond to that initiative?
4. What could we have done to increase participation/ engagement?
5. What would I like to share with the bishop as my highlights? What about some of the challenges I have experienced?

#### My vocation

6. What has been rewarding? Why?
7. Are there any aspects of my ministry which I have found less satisfactory? Why?
8. What changes have there been in my work and in my journey of faith over the past year?
9. How did the last Sunday service experience compare to my expectations?
10. Am I ready for a sabbatical?
11. Do I feel like I am making a difference?
12. Do I still feel blessed through the experiences of daily ministry?
13. What personal knowledge and skills did I discover or acquire during xx experience that will assist me in discerning the future of my ministry?
14. What is new in my relationship with God?

#### My health and wellbeing

15. How am I feeling? Am I feeling overwhelmed? Why?
16. When was my last 24 hours rest?
17. Can I recall a moment of contemplation? What happened? How did I feel after it?
18. When did I do something not ministry related? How did it make me feel? What would I do differently next time?
19. How are my loved ones? How much time have I spent with them?

### Journal Ideas

The list below provides examples of prompts you can reflect on through journaling. You might use any that you like:

ROLE	What I have been doing
STORY	A particular moment from last year that I want to remember
GIFTS	My gifts and talents being used ...
QUESTION	Something I'm wrestling with or don't understand
INSIGHT	An "aha!" moment
AWE	Where I sense God's presence
THINK	What I'm learning or thinking about
FEEL	I have experienced.
BLESSING	A blessing I have received...
IMPACT	The difference I am making.
FAITH	How my faith is strengthened or challenged.
ACTION	What I want to do in ministry for the next five years

We hope the above has been beneficial and it has informed you for a productive conversation with the bishop/ archdeacon.