

# Reflection Ideas in Support of Spiritual Formation for Teams

## Idea 1

- Invite your team to spend a few minutes to silently reflect on ways the inspiration activity resonated with them personally and/or in the context of their work on this team.
- Invite individuals to share their reflections either orally with the group or in pairs or in writing on small slips of scratch paper. Collect and randomly distribute the written responses to be read aloud.

## Idea 2

- Ask the team to consider what that Inspiration exercise means in our daily lives
- Pair members up for discussion for 5 minutes
- Report out/write responses on poster paper.

## Idea 3

- Distribute blank index cards and invite the group to jot down their responses to the exercise.
- Collect/distribute/read aloud and comment or add thoughts and then put cards back in pile on table.

## Idea 4

- Provide an open invitation and discussion for 5 minutes OR
- Ask participants to write their thoughts/responses on a piece of paper