

Being a Disciple at Work

A Reflective – Practical Spiral

The diagram below suggests a possible way of exploring, reflecting and responding to our experiences, and may be helpful in addressing work / workplace issues.

Although represented here as a cycle, it is, in fact, a spiral, as engaging with the process enables us to re-enter the experience part of the cycle at a different place.

It may be helpful for us to place prayer at the centre of the spiral.

You may wish to make notes on the diagram that relate to a particular situation or issue that you are facing.

