

With thanks and credit to the Centre for Christian Studies, The **Spiral Model** for can be found online in their Student Kit (p31) <http://ccsonline.ca/Resources/Student/StudentKit-2019-2020.pdf>

## **Centre for Christian Studies Action-Reflection Spiral**

### **Brief Introduction**

1. Choose a significant and current experience that you want to understand better.
2. Reflect on your internal reactions and responses to the experience.
3. Think about how this connects to theories, ideas, theological frameworks, and/or patterns that you know.
4. Take action based on the implications.

**Questions to explore in small groups** (we talked about isolation)

### **Concrete Experience**

- Choose an experience that is impactful and/or leaves you with questions.
- What do you see, smell, touch, hear, taste—just the facts.

### **Reflective Observation**

- Describe how you saw yourself and others in that situation
- What were the tensions in yourself, others, the situation?
- What feelings and behaviour emerged?
- Does this situation remind you of a metaphor, image, song, or scripture?

### **Abstract Conceptualization**

- What reading, research, or resources can I draw on to analyze or learn more about how to understand this situation?
- What does this experience mean?
- Relate the experience to your faith.

## **Active Experimentation**

- What would I like to have happen?
- What strategies are possible?
- Does it matter enough to me to do something about it or to change?
- What am I going to do?

## **Spiral Pastoral Conversations – possible inquiries**

### **Concrete Experience**

Where are you?

Who is with you?

How are you spending your days?

What has changed for you? For your family?

How often are you leaving your house/apartment?

Where do you go?

Who are you seeing?

How isolated are you?

Who/what are you missing?

How secure are you? (housing, income, food)

### **Reflective Observation**

What are you seeing outside? (window or walks)

What emotions are you feeling today?

What other emotions have you been feeling?

What skills/hobbies are you relying on these days? (ie cooking, sewing)

How is this time challenging prior assumptions?

What plans have you changed?

What new things have you had to try or learn to do?

What image comes to mind to describe this time?

### **Abstract Conceptualization**

Where are you getting your news?

Whose advice and decisions are you trusting?

Who are the most vulnerable people right now?

How did you mark Easter this year?

Where do you see hope?

What scripture passages or stories speak to us in this time?

What does Jesus need from his church and disciples at this time?

What is nourishing your spirituality/prayer life/faith?

### **Active Experimentation**

What does the rest of the day hold for you?

Who will you connect with this week? How?

What practical things do you need to take care of?

What is a next step you can take?

How will you feed your spirit this week?

## **Blessing from Marcie Gibson (CCS staff) –**

*We carry each other's burdens and blessings,*

*each other's worries and wonder-ings,*

*each other's anticipation and apprehension and a-has.*

*We carry each other, we care for each other, through this time together.*