

JOURNALLING

OBJECTIVE // Reflect on the day and what it means to attend this THINKfast

TIME // 20-30 minutes

MATERIALS // Flip chart, personal journals, pens

ACTIVITY GUIDE

Plan this as the last activity of the day, before refreshments, as some participants will finish in a few minutes, while others will take longer.

1. Write these suggested reflection questions on a flipchart and put up on the wall.
 - Why am I fasting?
 - Have my reasons changed since I started the fast?
 - What have I learned since the fast began?
 - What one new idea would I most like to remember after the fast?
 - What am I committed to doing about the issues that I am learning about?
2. Tell participants that throughout history, people have prayed and fasted to draw attention to problems of injustice (Mahatma Gandhi, Martin Luther King Jr., and Dorothy Day) or to concentrate their thoughts and actions on a problem, as Jesus fasted during important moments in his life. Journalling can help us gather and focus our own thoughts.
3. Ask participants to think about the questions and write their responses in their journal for up to 15 minutes.
4. After participants have had a chance to write in their journal, you can invite them to share their thoughts. Small groups might allow for more sharing.