



# Reflection Prompt Cards

Use the 10 reflection prompt cards to assist your group in debriefing their service or mission experience.

## Suggestions for use:

- Form a circle suitable for conversation and place the cards in the center (on the floor, on the table, etc.). Give the group a minute to consider which one they would like to respond to, then invite each person to share (in turn around the circle or at random). When it's the person's turn, have them pick up the card and hold it while they share their thoughts. (This works best for groups smaller than 10. For larger groups, split into multiple smaller groups.)
- Use the cards as prompts for a journal (or for other written reflection) by laying them on a table or floor or posting on a wall. Allow participants to choose which prompt(s) to respond to.
- Pass the cards around in a stack during a vehicle ride returning from a service experience. Invite participants to select a card and share their response, then pass the stack to the next person.
- Create stations at which participants can reflect on their experience using creative expression (music, drama, dance, poetry, storytelling, etc.). Have the cards available to inspire their reflection. For example, a participant might choose to write a poem that captures his/her thoughts about "Feel. What feelings or emotions have I experienced?"
- Please note these cards can be used repeatedly (even successive days of an extended service experience), as participants will share different reflections based on that day's experience.

## Printing the cards:

The cards are intended to be printed (in color, if possible) on 8.5x11 paper, then cut in half. Using cardstock (if available) adds durability.

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# STORY.

What experience do  
I want to remember?



# ROLE.

What have I  
been doing?



# GIFTS.

How are my gifts and talents being used?



# FEEL.

What feelings or emotions have I experienced?



# AWE.

Where have I sensed  
God's presence?



# THINK.

What am I learning or  
thinking about?



# HUH?

What am I wrestling with  
or not understanding?



# AHA!

What insights  
have I had?



# FAITH.

How is my faith being strengthened or challenged?



# ACTION.

What do I want to do with this experience?

