

SEE

1. What is happening?
2. Who are the people involved?
3. What is the situation doing to people?
(Consequences)
4. Why is it happening?
(Root Causes)

We see events, hear and read stories, analyse life situations at work, in our family, community and in society.

Review of Life ACT

1. What can I do to bridge the gap between what is happening and what should be happening?
2. What concrete action(s) will I take?
3. Who can I involve in taking this action?

REFLECT

1. How do I feel about this situation?
2. What do I think should be happening?
3. What does my faith, and Catholic Social Teaching say about this situation and the underlying attitudes/values?
4. Do I have somewhat similar attitudes/values?

We reflect based on our faith, the Catholic Social Teachings, our values, our discernment.

Taking faith based action in an on-going cycle: seeing, reflecting and acting. The Review of Life leads to actions, however small that brings positive changes in persons and their situations – building the Kingdom of God. It helps to integrate faith and life. It helps us see God's hand in our daily lives and grows our faith.