

Seminary of Spiritual Peacemaking

Reflections on Daily Lessons

Name:

Date:

Lesson Number:

You have just finished listening to lesson number _____. Sit quietly for a few moments, and reflect on the teachings you heard. What do you say is the essential idea of this lesson? How can you incorporate this lesson into your daily life?

Is there anything else you feel is relevant to you and the unfolding of your journey?