

URBAN SUMMER

Participant
Reflection
Journal

As you go through URBAN SUMMER, you may find that you have a number of different **experiences**: You will serve in different ways and in different places; you will have lots of conversations with friends or leaders or people you will meet; you will see expressions on people's faces that you serve; you will find some things difficult; you will find some things fun; you may cry; you may laugh. The days may fly by and before you know it, you can easily have forgotten what you did on Day 1.

All of these experiences and more **can shape you** in some way. It is **MOST** important that you try to take in each day and spend some time reflecting on what you saw or the conversations you had.

We want to encourage you to utilise this journal to **keep track** of what happened during your URBAN SUMMER and **process** what God might be saying to you during this week. It doesn't take long to work through each day, but it will be invaluable for you later in the week when you try to remember everything that happened.

This week may well change your life.
Just make sure you remember it!

My URBAN SUMMER

Use this page to record the important things for your Urban Summer week.

My Name:

Church Name:

Church/Project Address:

My Leaders:

Things I Need to Remember to Bring:

Times and Places I need to be:

Other Stuff:

What are some observations you made today? How have they impacted you? (People, locations, lessons, devotions, etc)?

What has God taught you today?

What is the key thing you need to remember today?

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