



**JESUIT VOLUNTEER CORPS**

*DARE TO CHANGE*

Which value are you most  
excited to nurture and develop?

***YOUR JVC JOURNAL***

MARCH 2020

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During times of unrest or unease, there are moments where it appears that the righteous path is one that powers through. At times during the 21st century, this is explicitly clear wherever economies of greed wield power over others, rather than celebrate and honor the power within each of us. We can each contribute in meaningful ways towards the enrichment of our lives in the community.

In an effort to remain countercultural during these times, we invite you to take a moment for reflection, and prayer.

Your JVC Journal contains several prompts for you to sit with and think through in quiet stillness. For when we quiet the mind, we tend to notice things we might not have previously been able to draw our attention toward.

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## **Matthew 6:34**

34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

## **Philippians 4:8-9**

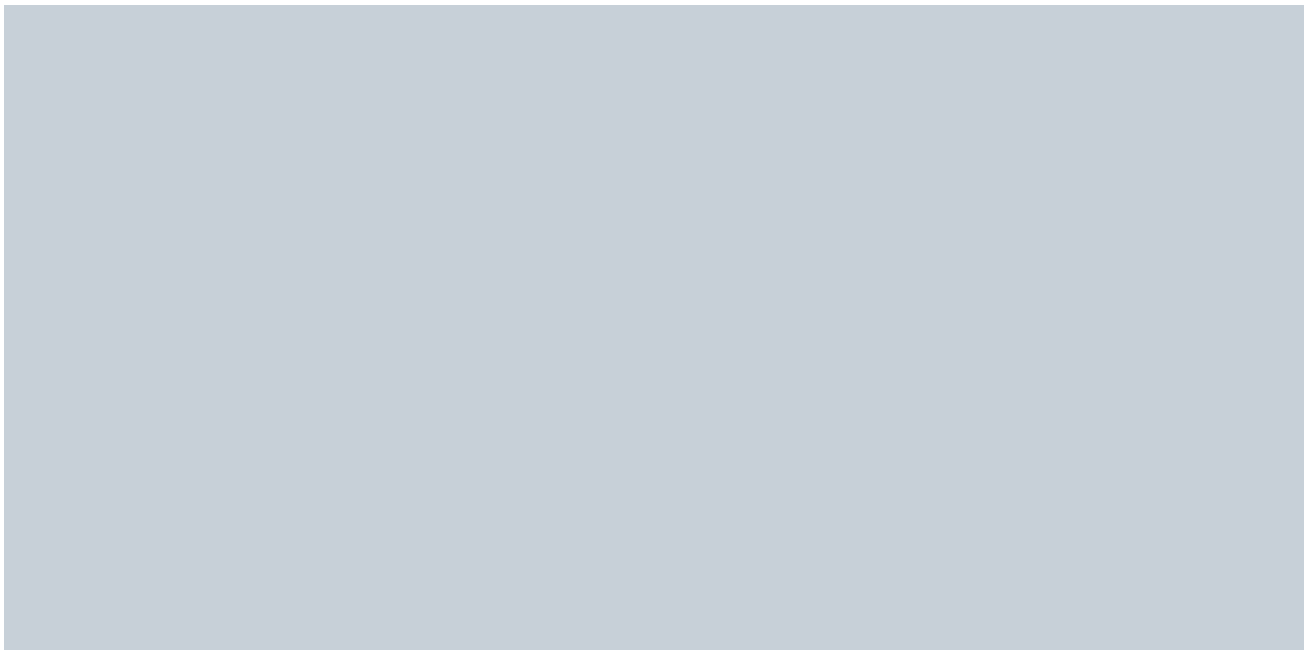
8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

## **Psalm 16:11**

11 You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

**DATE**

How are you showing up for yourself right now?



How are you showing up for the communities you care deeply about?



**DATE**

How have you been navigating these recent shifts? What have your conversations with God looked like during this time? How might you deepen your relationship to God and prayer life during these uncharted times?



**DATE**

What is one supportive step or action you might commit to over the next 2 weeks to empower yourself and enrich your community? What gifts might you tap into during this time to bring moments of joy or reflection to others?