

## MLK Jr. Day of Service Reflection Questions / Discussion Prompts

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- Where did you feel most alive today?
- How were your assumptions and stereotypes challenged?
- How did you think differently today about MLK Day?
- Who did you meet today? What did you learn from them?
- Where did you find hope today?
- What did you learn about yourself today?
- How did you become aware?
- What was the high/low moment of today?
- How are you Physically, Intellectually, Emotionally, Spiritually?
- What broke your heart today?
- How were you inspired today?
- What are you grateful for?
- What did you learn about community?
- How did your experience change or grow your understanding of Solidarity and Social Justice?
- How are you growing spiritually?
- What did you see, feel, taste, touch hear today?
- Where did you feel at home?
- What surprised you?
- When did you experience joy?
- How are you falling in love?

“I slept and I dreamed  
that life is all joy.  
I woke and I saw  
that life is all service.  
I served and I saw  
that service is joy!”  
*Rabindranath Tagore*