# Unit 1 Reflection

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Question #1:  What is the most significant thing I learned this week?

The most significant thing I learned this week was the different stages of change. I currently smoke and I can definitely see how I fit into those stages when knowing that I need to quit.

Question #2:  How does this week’s learning touch on my past, or how will I use (or have I used) this knowledge in my ministry or life?

Throughout my time volunteering at church and while I am at work I do have people that come to me to talk about the struggles they have in their lives. Learning about the topics this week will help me better hone my ability to properly help people and minister to their needs both spiritually and mentally.

Question #3:  What questions do I still have about this week's learning?  (These can be course or curiosity-related.)

I guess the one question that I would have from this week would be; what is the best way to offer help to someone that has issues that we can’t solve, but don’t want to make the person feel like we are just pawning them off to another person or that they can’t be helped?