

THE PROCESS OF CONVERSATION OF THE SPIRIT

The facilitator ensures that the participants are sitting comfortably in groups of between 4 and 6 people.

Step 1: All participants are invited to consider the question which has been posed to the group (2 minutes).

Step 2: Participants are then invited to speak for 1 minute, sharing their response to the question.

There should be no comments or questions while each participant shares. The focus is on listening intently to each speaker. Participants may speak for no more than a minute.

Step 3: The facilitator leaves 1 minute after each sharing before inviting the next participant to speak.

There should be no discussion during this time.

Participants are invited to consider what they heard and what the Spirit is sending to them for their consideration.

Step 4: When each participant has shared, the facilitator invites general discussion on the question.

Some questions to consider are:

- What did I hear in the group?
- What particularly resonated with me in the sharing?
- Was there a common thread or direction in what I heard?
- What insights have I gained from this conversation?

The facilitator then finishes the time of spiritual conversation with a prayer:

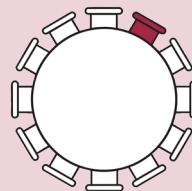
*Holy Spirit,
You are with us
in our conversations.
Be always on our lips,
in our minds and
in our hearts.
Lead us into harmony
with each other and
open us to Your wisdom.
May we encounter You
in the words of those
gathered here.
May we recognise You
in our encounters
with one another.
Amen.*

(adapted from
Paparella 2023. SL Media)

The key principles of a spiritual conversation:

- Listen actively and attentively
- Listen to each person without judgment
- Listen to the words, tone and also the non-verbal aspects each participant's sharing

(Synod of Bishops. For a Synodal Church).



USE THIS PAGE TO MAKE NOTE OF ANY WORDS, PHRASES OR THOUGHTS SIGNIFICANT FOR YOU

What did I hear in the group?

What particularly resonated with me in the sharing?

Was there a common thread or direction in what I heard?

What insights have I gained from this conversation?

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