

## Tips for our Prayerful Spiritual Conversation

### 1) *Sharing & Listening*

- a. You are each invited to share in a simple yet deep way the key insights and invitations that God has offered during your time of prayer.
- b. While someone is speaking, listen attentively, without interruption, in a spirit of respect, generosity and openness to the speaker and to all that is being shared.
- c. Try not to consider what you will say if you have not yet spoken.
- d. Try not to review or compare what you said if you have already spoken.
- e. Let us try to take a minute in silence between each speaker to let what was said resonate deeply in our hearts and minds.

### 2) *Echoes*

- a. After everyone has spoken, we will again take time in prayerful silence before having a second round of spiritual sharing.
- b. You are now invited to offer whatever feelings or insights emerged as you listened to others.
- c. The aim is not to evaluate, but for talking about how others have helped shed greater light on your own inner motions, feelings, and thoughts. How might something shared sparked an interior movement within you?

### 3) *Communion*

- a. It is now time to gather the graces:
  - i. What were the commonalities if any?
  - ii. Which invitations are coming up repeatedly and could be translated into specific personal, community or apostolic actions?
  - iii. Where is the Lord perhaps leading us?
  - iv. What do we need to do to nurture God's call to us?

Note: This time together is not about merely agreeing with one another or reaching a consensus. It is about responding in a heart-felt way in charity to what the invitation of the Spirit may be inspiring among us at this time.