LISTENING TO
THE HOLY SPIRIT
WORKING THROUGH US

## SPIRITUAL CONVERSATION

Active Listening and Speaking from the Heart

INFORMATION FROM SR. LAURENCE LOUBIÈRES

### WHAT IS SPIRITUAL CONVERSATON?

A GIFT FROM THE JESUITS



THE HOLY SPIRIT IS AT
WORK IN THE HEART OF
EVERY PERSON,
IN EVERY GROUP,
IN EVERY CIRCUMSTANCE



PROCESS OF
TALKING AND
LISTENING

It involves active listening and speaking from the heart

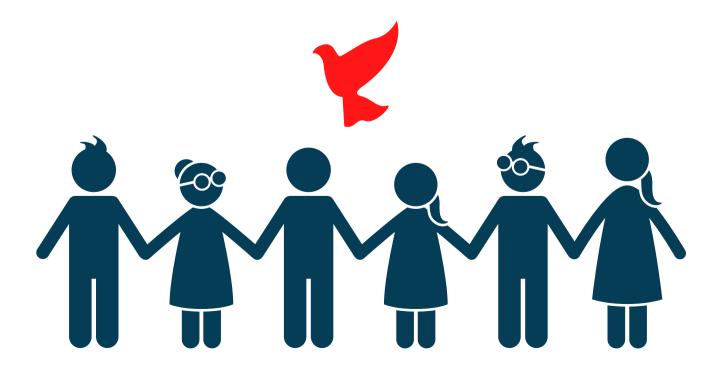


SPIRITUAL CONVERSATION
CREATES THE CONDITIONS
FOR A GROUP TO OPEN UP
TO THE SPIRIT'S
INSPIRATION AND TO MAKE
DECISIONS ACCORDINGLY

## Spiritual Conversations

THE STRUCTURE IS AT THE SERVICE OF A DEEP AND SHARED LISTENING.

WE ARE ATTUNING OURSELVES TO ONE ANOTHER AND TO THE SPIRIT AT WORK IN US AND IN THE GROUP.



### From my prayer...

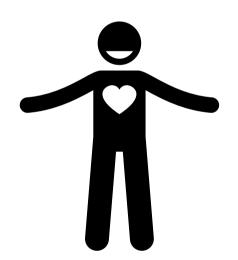
### ...to what emerges from what we shared

### **1ST ROUND**

Sharing the fruits of my prayer and my reflection on the question or topic.





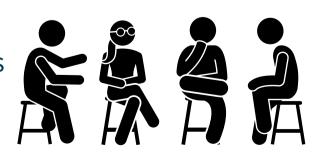


### **2ND ROUND**

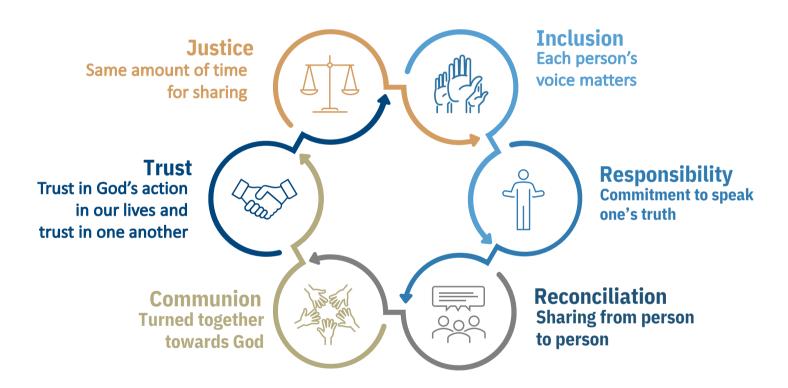
Sharing what touched me the most in what I heard

### **3RD ROUND**

Sharing what converges and emerges from our conversation.



# SPIRITUAL CONVERSATION PROMOTES THE VALUES ON WHICH IT IS GROUNDED



# THE PROCESS OF LISTENING

### 2 MINUTES OF SILENCE

Center yourself and allow the Holy Spirit to work through you.

### 3 MIN. PER PERSON

When you think about the gifts you have, how do you feel called to use them? What are some things you and your peers need to help their relationship with God?

#### 2 MINUTES OF SILENCE

Reflect upon what you heard and what moved you.

### 2 MIN. PER PERSON

What touched you the most from round one?

### 2 MINUTES OF SILENCE

Reflect upon what you heard and what moved you.

#### 1 MIN. PER PERSON

Based on what we heard today, what are we called to do? What seems to be converging or emerging at this point?

## NOTES

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