



## What you are looking for:

- » It seeks to detect and consider the spiritual movements of both oneself and the other participants.
- » Its objective is to choose the path of consolation that strengthens faith, hope and charity. Its fruit is the strengthening of the union of souls (although there may not be unanimity of opinion). Its practice makes the group grow in discernment to discover how the Spirit of Christ moves in the group.
- » Spiritual conversation is precise and at the same time creates an atmosphere of trust and openness in ourselves and in others.



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## Spiritual Conversation



# Spiritual Conversation

## What it is:

- » It is an instrument to foster and encourage community discernment.
- » We understand it as an exchange with three main characteristics:

Active listening.

Receptive listening.

Sharing what touches us most deeply.

Listening, therefore, is at the heart of the synodal process. It is a shared listening, because a synodal Church is a Church that listens. For this reason it is a grace that calls to our own conversion, our ability to go beyond our own love, desires and interests. That is to say, it requires us to be able to put aside our own ideas or opinions and to open ourselves, to be ready to focus our attention on the other: on the brother or sister and on the will of the Spirit that speaks through the whole group.

## Steps (after having prayed for a while), three rounds:

- » **First:** Each one takes the floor and shares the fruit of his prayer (thoughts and feelings) in relation to the question(s) posed. This is done freely and openly. One only listens and attends to how the Holy Spirit acts in each sharing (without judging and leaving aside what I think...).
- » **Second:** The participants share and echo (reflect) what impressed them most in the first part. There is a dialogue but maintaining the spiritual focus. I can ask myself: What impressed me the most from what I heard, what do I feel as a common concern, where do I experience harmony, what emotions or feelings do I feel, what ideas come to mind, where is God present in what I've heard?
- » **Third:** Participants reflect on what arose within them and in the conversation and what affected them most deeply. That is, to find the common ground to what God invites us to attend. We can ask ourselves: what is the Spirit saying to us, how or where is He leading us?

### In short,

It involves: 1st round: Sharing and active listening; 2nd round: Reflecting: What has impressed me most from the above and how do I feel; 3rd round: Feeling the Spirit: Where is the Spirit leading?

## Two notes to keep in mind

- » After the first and second rounds, it helps to leave a couple of minutes in silence so that what has been heard can resonate. Then each member of the group writes in his or her notebook the light, suggestion or movement of the Spirit that has come to him or her from what has been heard.
- » Each group should choose a group leader and a secretary to share in plenary where the Lord has moved the group.

