

SPIRITUAL CONVERSATION (adapted from Spiritual Conversations in Groups)

Attitude: Spiritual conversation involves communicating from our centers, in a way that is unique and true to our inner selves, speaking from our most profound desires, that which give us our energy for life. It is at this level that God speaks to us and gives us life. This conversation is deeply rooted in faith; it is humble, poor, open, willing to welcome and to share, to receive and to give, to love and be loved.

Goal: Through the sharing of personal prayer and through attentive listening to each other we best discover the paths of the Spirit of God, how the Holy Spirit is revealed, lived in our lives and leads us to become one.

To facilitate listening and expression the following points are helpful:

1. The most important attitude needs to be one of **respect and grateful listening**.
2. Every person is an **expert** on his/her own experience.
3. Times of **silence** are appropriate and necessary.
4. **Confidentiality** is important. No one should be "quoted" outside the conversation.
5. Each one speaks **in turn** sharing only what s/he is comfortable with. Do not share more than you wish. We do not interrupt one another.
6. Speak in a **brief, clear** manner.
7. Make "I" statements not "we" statements even when talking/sharing about a common experience.
8. This is not a place of discussion or debate, for speeches, for converting the other to our point of view, to impose our favorite ideas, to solve problems or to rescue the other.
9. Be aware of the time allotted.

Couple Sharing

1st round: Each one in turn expresses her/himself, sharing the fruits of her/his prayer (with the help of her/his journal)

2nd round: After both have shared and after a few moments of silent reflection, speak to each other about:

- What did I hear?
- What impressed me, touched me in what you have shared?
- What gave me peace, joy, and trust...?
- What new perception or understanding have I received? New insights gained?
- When did I feel harmony or union with you during this session?

At the end of this round, try to name your common experience

3rd round: Prayer or song of thanksgiving, asking for light, for forgiveness, etc in relation to what has been shared.