

SPIRITUAL CONVERSATION - EXERCISE

Participants are invited to read the input first and become familiar with the suggested process of spiritual conversations. They will have a chance to practice this process in this exercise by sharing the fruits of their reflection time.

Part 1 Reading the Input section and familiarizing ourselves with spiritual conversations.

- What insights caught my attention as I was reading the section?
- What new perception or understanding have I received?
- How often do I practice spiritual conversations within my organization or team?
- How relevant is this practice for adding a new dimension of relationship and intimacy to our collective body and living the mission?

Part 2 - Taking 30-45 minutes of personal reflection time guided by the image and questions provided in the Story section.

Following the contemplation time, I prepare myself to share the fruits of my contemplation with others from my team/group who have done the same exercise.

Before joining my small group circle, I review my time of silence and note down key impressions and insights that I wish to share with others.

Part 3 - Joining the small group (5-6 people) and practicing spiritual conversations in three rounds of sharing

Part 4 - Debriefing the process

- What went well? To which extent was the group able to follow the proposed guidelines and foster mutual and open attitudes? Which “rules” (detailed in the input) did you find most useful?
- What was challenging for you?
- What did you learn?

ADDITIONAL EXERCISES

Refer to the exercises and handouts on Listening.