

THE CONVERSATION IN THE SPIRIT

Key Principles

- **Active Listening:** Participants focus on understanding not just the words, but the deeper meaning and spiritual movements in others; listening without interruption
- **Speaking from the Heart:** Sharing personal experiences and insights honestly, while remaining open to the Spirit's guidance
- **Prayerful Preparation:** Each participant begins with personal prayer and reflection on the question or issue at hand
- **Respect and Hospitality:** Welcoming each person's uniqueness without judgment, recognizing that the Holy Spirit can speak through anyone

Practical Steps

1. **Prepare Personally:** Reflect in prayer on the question for discernment and read Scripture for inspiration
2. **Group Prayer and Scripture:** Begin with communal prayer and listening to a relevant passage from the Bible
3. **Sharing in Rounds:** Each participant speaks in turn, with a facilitator or timekeeper ensuring equal time (ideally two minutes per participant per round, and short pauses between speakers)

There are three rounds:

- a. Personal Sharing – What are my thoughts and feelings about the topic for discernment? (two minutes per sharer)
 - b. From whom and what did I hear during the first round that I can resonate with, or that disturbed me, or divergent from my thoughts and feelings? What struck me the most?
 - c. Listening to the Holy Spirit - What steps forward does the Holy Spirit invite us to take?
4. **Silent Reflection:** After each round, allow moments of silence to reflect on what was heard
 5. **Discernment and Dialogue:** Discuss insights, convergences, and divergences, identifying steps the Spirit may be calling the group to take
 6. **Closing Prayer**