

# SPIRITUAL CONVERSATION

*Seeking the grace to become aware of the movement of the Holy Spirit as you experience discernment with a group.*

## **First Round**

Notice what strikes you about insights others share.

## **Second Round**

Share something someone else said that got your attention, moved you, or sparked your imagination.

## **Third Round**

Open Conversation – What themes are emerging?



OPEN YOUR HEART

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RECEIVE EACH  
OFFERING  
WITHOUT  
COMMENT

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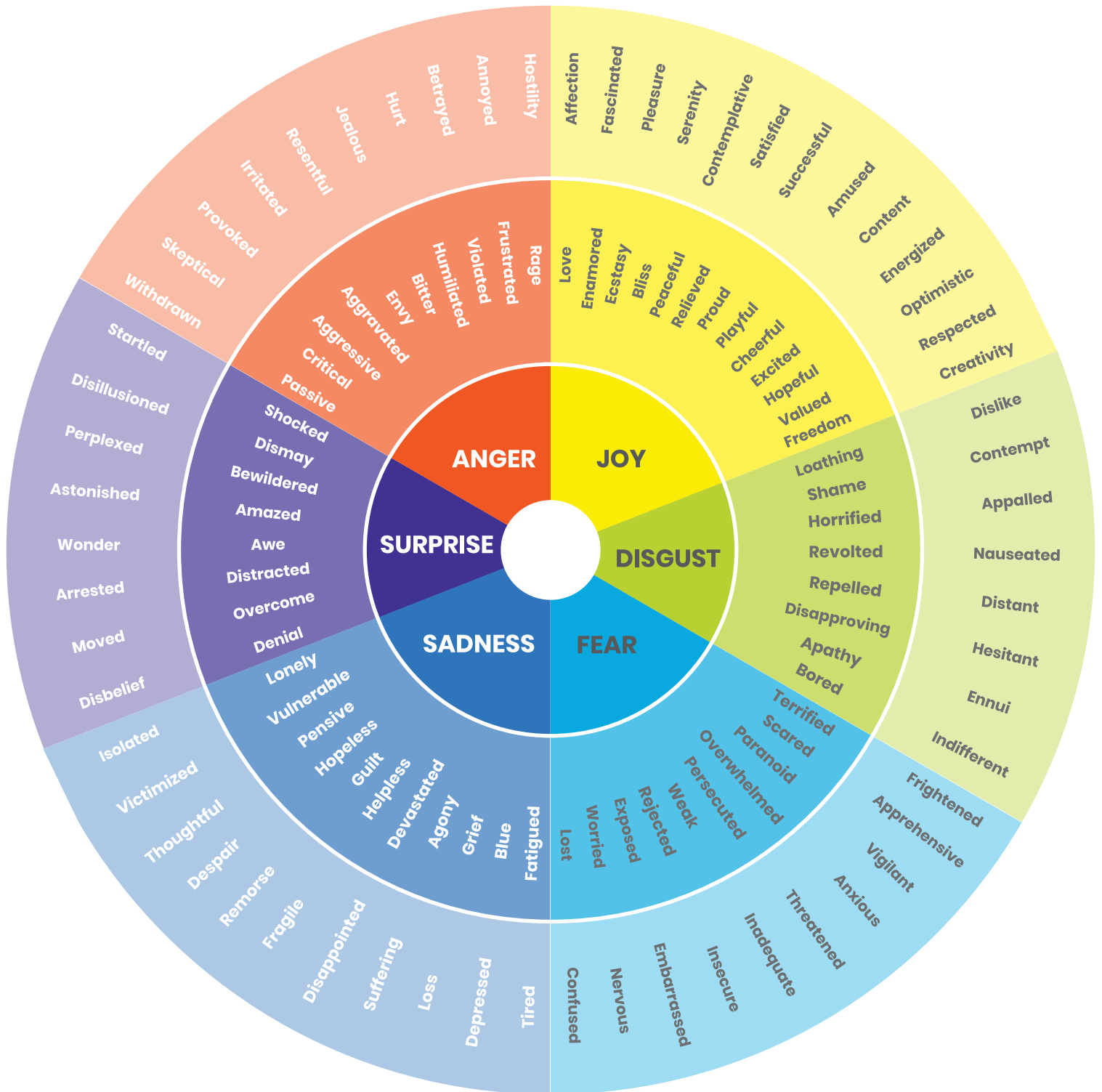
PAY CLOSE  
ATTENTION TO  
PHYSICAL  
SENSATIONS IN  
YOUR BODY

Limit sharing to 2-3 minutes and to proceed in a clockwise fashion around the circle rather than waiting for people to chime in when they want. Of course, people always have the freedom to pass if they are not ready to speak.

## **How to Pray the Examen**

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."

# EMOTION WHEEL



# FEELINGS WHEEL

