

Guide for Spiritual Conversation



Three Rounds of Sharing

1. Each person describes what happened using "I" words.
2. What touches me the most from what the others have said?
3. What do you think the Holy Spirit is saying to us?

Energizing/Happy event What happened?	How did I feel?	Why did I feel this way? What needs have been satisfied?	What do I feel invited to suggest?
		<p>Is this understanding/interpretation valid?</p>	
Disheartening/Unhappy event What happened?	How did I feel?	Why did I feel this way? What needs have been ignored?	What do I feel invited to suggest?
		<p>Is this understanding/interpretation valid?</p>	