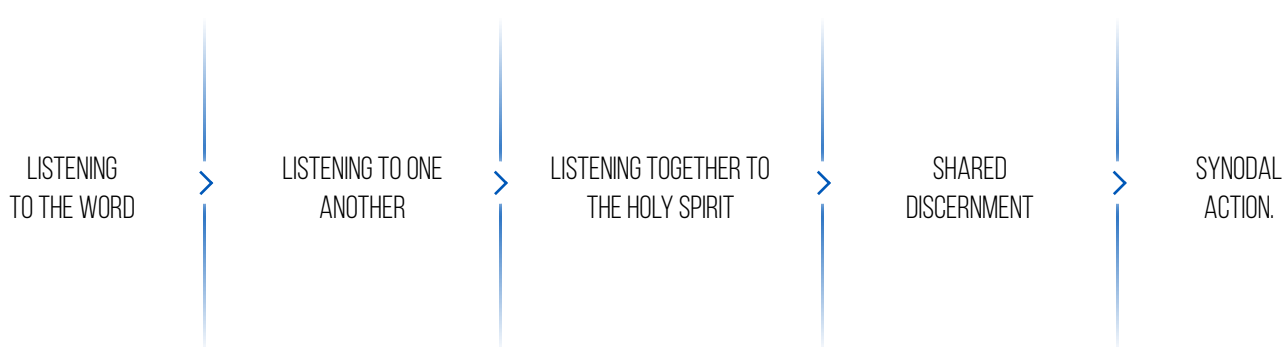


Conversation in the Spirit

Conversation in the Spirit is a tool that, enables listening in order to discern “what the Spirit is saying to the Churches” (Rev 2:7). Its practice has elicited joy, awe and gratitude and has been experienced as a path of renewal that transforms individuals, groups, and the Church. FD 43



Conversation in the Spirit is a simple but profound way of listening and dialoguing together, rooted in prayer and openness to God. This methodology invites each person to speak from the heart, listen deeply to others, and reflect in silence before sharing again. It is not about debate or persuasion, but about creating a sacred, prayerful space where everyone is heard and where the wisdom of the Holy Spirit can emerge.

In this way of gathering, we recognise that we are not alone in our discernment; the Holy Spirit is with us, guiding our reflections and conversations. By slowing down, listening attentively, and praying together, we open ourselves to the Holy Spirit's promptings. This allows us to move forward with greater unity, deeper faith, and renewed hope, as we seek together the path that Christ is calling us to walk.

Shaping the Conversation Through the Right Question: Careful consideration of the guiding consultation question is essential, as it shapes the direction and fruitfulness of the entire Conversation in the Spirit. The guiding question sets the focus for the dialogue, opening hearts to prayerful reflection, encouraging honest sharing, and helping the group discern together where the Holy Spirit is leading, rather than drifting into general discussion or debate.

The Three Rounds of Conversation in the Spirit

Round 1: In my prayer...

Each person shares, in turn, the fruit of their prayer and reflection on the guiding question. Everyone listens with openness, without interruption or discussion.

— *Time of silence* —

After everyone has spoken, allow a moment of quiet prayer to reflect on what was heard and to listen for the stirrings of the Holy Spirit.

Round 2: Listening more deeply...

Participants respond to questions such as:

- How was I affected by what I heard?
- Is there a comment or thread that is shared?
- Have I received any particular insight?
- Where did I experience a sense of harmony in what I was hearing from others?
- What am I feeling now?

— *Time of silence* —

Pause again in prayerful silence, allowing space to notice interior movements and what the Spirit may be saying through the conversation.

Round 3: Discerning together...

As a group, reflect on what shared discernment has emerged. Ask: Where is the Holy Spirit calling us to go? What seems to be resonating in the conversation? What are we being invited to carry forward together?



Round 1 – I

I share from my prayer and reflection, speaking from the heart.

Round 2 – You

I listen deeply to you, noticing what touches me, what resonates, and what insights emerge.

Round 3 – We

Together, we discern where the Holy Spirit is leading us and what seems to be calling us forward as a community.



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