

GROUP SHARING ON ONE'S PRAYER LIFE.

Target Audience:

- ✓ Small and restricted groups of people genuinely interested in prayer.
- ✓ Especially apt for religious.
- ✓ Good for novices, pre-novices, postulants and those in formation.

Uses of this Exercise

- ✓ For selected prayer meetings.
- ✓ For prayer seminars and workshops
- ✓ To prepare oneself for the opening interview with the retreat director
- ✓ For spiritual guidance and counseling.

Aims of this Exercise

- ✓ To encourage participants to share their religious experiences and the way they relate to God.
- ✓ To assist the spiritual counselor direct his directees.
- ✓ To help the participants to discover the style, the quality, the methods and attitudes of their prayer life
- ✓ This exercise will help the group members to discover the relevance God has in their lives and in the lives of others.
- ✓ To spell out one's concept of God.
- ✓ To become aware of one's 'spiritual journey'.

Opening Session:

- Singing hymns and bhajans
- Prayer to the Holy Spirit
- Silence in the presence of God.

Personal Reflection and Writing

Reflect and write on the following points:

- The times you have been touched by God. Which? How?
- The times you strayed away from God. Which? How?
- The times you have taken important 'spiritual decisions' for life. Which? How?
- The high peaks and the low valleys in your spiritual journey.
- Evolution, if any, of your concept of God during the last years.
- Write a sketchy account of your spiritual life right from your tender years till today. You may use drawings, graphs and charts.

Sharing Time

- Share your reflections with your director or with the members of your group. The group members may ask for clarifications. (*Direct questioning and discussion on matters shared not to be done*).

- Interaction may follow.
- Doctrinal or practical points that surfaced during the sharing may be discussed.
(Discussion on persons, giving advice and counseling to others to be avoided)

Prayer Time

- Pray in silence
- Shared and spontaneous prayers to be encouraged.
- Request the members to pray aloud for one another.