



為一個共議同行的教會

共融 / 參與 / 使命

For a synodal Church

communion / participation / mission



Table of Contents

1.	Prayer for the Synod of Bishops - - - - -	p.3
2.	Spiritual Conversation - - - - -	p.4-12
3.	General Guidelines on group sharing/Conversation- - - - -	p.13





We stand before You, Holy Spirit,
as we gather together in Your name.

With You alone to guide us,
make Yourself at home in our hearts;
Teach us the way we must go
and how we are to pursue it.

We are weak and sinful;
do not let us promote disorder.
Do not let ignorance lead us down the wrong path
nor partiality influence our actions.

Let us find in You our unity
so that we may journey together to eternal life
and not stray from the way of truth
and what is right.

All this we ask of You,
who are at work in every place and time,
in the communion of the Father and the Son, forever and ever.
Amen.

Spiritual Conversation

The key starting point

**God is active, God is alive,
God works in each one of us,**
the spirit of God is working in you and in me, and in any group that we're meeting
God is working in the world today.

If I learn to listen with an open heart,
I may become the collaborator of Holy Spirit

Thus, the kingdom of God will move forward to bring
peace, justice, reconciliation and solidarity to mankind.



Spiritual Conversation

Theological Background

Each one of us is a little word of God,
each one of us a little letter of the alphabet.

Together we can spell out something great.



Spiritual Conversation

A couple of preparations before kick-off

To understand thoroughly the topic(s) to be discussed

To reflect on the topic(s) in prayer

That is the only way I can share what the spirit of God
is saying to me



Spiritual Conversation

A couple of important elements

Active Listening

Belief – The spirit of God speaks through him/her

Attitude – Be patient, humble and open-minded

Action – Listen with genuine openness and act in an active and engaged way

Intentional Speaking

Belief – The spirit of God speaks through me

Attitude – Be modest, humble and open-minded

Action – Share with genuine openness, while listening to myself and be conscious of the Spirit of God at the same time.



Spiritual Conversation

Arrangement of the actual group meeting

- ❖ In groups of 6 with a host
 - No particular choice of group members and also no exclusion of anyone
 - Follow the group dynamic and feel at ease

- ❖ Assign one host, one secretary and one timekeeper in each group

- ❖ Engage in 3 rounds of conversation in about 2 hours.



Mode of Spiritual Conversation

1st Round



- Each participant has 5 minutes to share:

“The insights I have gained through praying on the questions previously provided.”

*Reminder: Everyone has equal sharing time.

- When one person speaks, the rest are attentive listeners.

No feedback, no questioning, no judgement and no interruption from the listeners.

Be conscious how the Holy Spirit prevails in your inner self.

- There will be a time for silence after everyone has shared his/her thoughts.

Everyone should be aware of one's inner self during the silence period..

- *In my awareness, how does the grace of God work on me?*

- *What am I looking for?*

- *What is God's calling for my life?*



Mode of Spiritual Conversation

2nd Round

- **Each individual can have around 3 minutes if s\he feels free to share.** S\He can share the following during the 1st round and the silence period:
*Reminder: Only share what have touched your heart, and what message(s) does God want to convey to you?

- **When one person speaks, the rest are attentive listeners.**
No feedback, no questioning, no judgement and no interruption from the listeners.
Be conscious how the Holy Spirit prevails in your inner self.

- **Another period of silence.**

What have I heard? What are the feelings that I can identify with?

What is the most touching part in the 1st round?

What does God want to say to me through what I have heard and felt?

In any possible way can I feel the presence of God?



For a synodal Church



Mode of Spiritual Conversation

3rd Round



- All participants have about 10 minutes altogether to speak about:

What have touched my heart after two rounds of sharing?

What does God want to say to me?

Where have I experienced and felt the presence of God?

What are the common points we can have ?

- A person has to record all their resonances and the unresolved issues.

- To end this round with a prayer with the intention of gratitude on voluntary basis.



Spiritual Conversation

active listening

intentional speaking

a clear question

three rounds

a sense of respect for each other





Group Sharing / Conversation General Guidelines

My command is this : Love each other as I have loved you . (John 15:12)

For the Synodal Church
commitment to participation, discernment

Preparation prior the meeting and Desirable Attitude : Fully prepare well for the questions and possess an attitude for learning and being grateful.

Open-mindedness : Actively participate in the conversation and share one's opinions and experience. Be open to listen to others and open your heart for the enlightenment of the Holy Spirit.

Acceptance : Accept each one's uniqueness and his\her valuable sharing.

Respect : Listen to others attentively and respect the right for the equal opportunity of speaking out.

Non-judgemental : Accept everyone's own perceptions of his\her experience and ways of understanding.

No Advice : Everyone has his\her own unique experience, understanding and resolution. Thus, advice is inappropriate in the sharing sessions.

No in-depth analysis or investigation : Being satisfied the things which one is willing to share. An in-depth analysis or prying hinders one's willingness to share his\her personal ideas.

No interruption : Listen patiently to others' sharing. Any interruption will affect one's flow of thought.

Full respect for privacy : Keep confidentiality. Disclosing of what being shared in the discussion is strictly prohibited.

