



LIVING THE MISSION PRAYER

AWAKEN RISK BLESS

REFLECTIVE CONVERSATION

PURPOSE

As disciples, we seek to be fully awake and ready to respond to Gods' presence. Reflective conversation is the practice of sharing our experiences and listening deeply for how the Spirit is moving in our lives and the lives of others as we reflect on the following questions:

- What am I/are we learning and discovering?
- How might the Spirit be inviting me/us into the next faithful step?

In this practice we bring what we are experiencing in the world around us into our times of gathering. We intentionally create the time and space to listen and share, creating space for the Spirit's presence and guidance among us.

PROCESS

1. Often practiced in groups of three or four, each person has an opportunity to reflect on a specific action(s) or experience(s) during the past week. These experiences may include a spiritual practice, new conversation, experiment in ministry, compassionate action, or unexpected encounter.
2. Begin with 2-3 minutes of silence so each group member can focus on what they desire to share. This enables group members to be fully present with each other while other group members are sharing.
3. Individual experiences are shared one person at a time by responding to the two questions below:
 - a. What am I learning and discovering?
 - b. How might the Spirit be inviting me into the next faithful step?
 - c. In general, provide each group member 3-5 minutes to share. Before moving to the next person, provide a time for group reflection, sharing, and clarifying questions. We are not solving problems and prescribing solutions. We are sharing impressions, clarifying understanding, and exploring potential next steps.
4. The process for three people to share and have group reflection typically takes about 30 minutes. Depending on the depth of sharing it can take much longer.

This process of reflective conversation can become an important opportunity for sharing each time you gather. This sharing and group reflection becomes the fertile ground for risking new ideas and actions.