

# Reviewing Events

SELF-REFLECTION AND  
SPIRITUAL CONVERSATION GUIDE



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# Introduction

When something happens in our lives, when we have a powerful experience, it has an impact on us. We experience a feeling of wellbeing or unease, a profound joy or worry, sometimes distress. We are filled with gratitude and wonder, or we seek to understand, to make sense, inside or outside of ourselves, so as to be able to continue to hope.

Looking back on one's past, being grateful, and searching for meaning are what make up self-reflection. This reflection takes place by listening to God, who lives in us, in others and in the world. It takes the form of a dialogue with oneself, with others and with the Spirit. To experience this dialogue, we propose a tool that is used by the Jesuits: the spiritual conversation.

Every conversation can become a spiritual conversation when we aspire to have an encounter with ourselves and with others, recognizing and respecting God's work in our lives. God has created every unique human being and wants each person's existence to be a testimony to the freedom of the life of God.

- listening to God, is listening to the deepest desires of our heart, in silence, without judgment and in the truth;
- listening to God, is listening to others, attentively, noticing how our heart is touched by what each person says.

## General objective

To reflect on an experience, listening to oneself, to others, and to God.

## Specific objectives

- Learn to welcome each other's experience personally and mutually;
- Remembering from among the most memorable moments, and the most difficult moments, recently experienced personally and communally;
- Develop the ability to be silent in order to hear how God wants to speak to us through the people and events of our lives;
- Recognize the things inside of ourselves that promote passages from death to life.

*"Silence is the place of the Word of God"*

Madeleine Dêlbrel

« La sainteté des gens ordinaires », t. VII from *Cœuvres Complètes*, pages 24 et 166.

The conversation is spiritual *"when it touches on faith in life, to discover an inexhaustible goodness at work, despite everything in our world that points to the contrary."*

Christoph Theobald, jésuite

*Vie chrétienne* 14, november-décember 2011.

*"It is important – after the fact – to never remain in the black pit of difficult moments, even if you sometimes remain there a long time – too long. In doing a self-reflection, you can see that at some point something new came out, a new life. Reviewing your life can open your eyes to these moments of passage: passage from death to life, passage from the experience of being lost to that of being found."*

Mark Rotsaert, jésuite

*Christus*, july 2003.

## Suggested time and number of people

For a group of adults, the suggested time is between 1 hour and 15 minutes to 1 hour 30 minutes for an in-person meeting and 1 hour for a virtual meeting; If need be, adjust the time for other age groups (children, teens, intergenerational: cf. alternatives in appendices).

For all groups, the ideal number is 6-8 people. Do not exceed 10 people, or prepare to break up into smaller groups.

## Meeting outline (in-person or virtual)

1. Welcome and introduction (5 min.)
2. Self-reflection (10-15 min.)
3. Spiritual conversation (40-60 min.)
4. Time of thanksgiving (5 min.)

The person who animates the meeting may participate in all of the steps, like the other members of the group. The animator's principle role is to:

- Introduce and guide the group through each of the steps;
- Make sure that instructions are understood and respected;
- Encourage the flow of conversation;
- Make sure the allotted time is respected.

For all types of meetings, the animator should prepare to:

- Have this document and its appendices on hand
- Be aware of the suggested alternatives (cf. **appendices 3 and 4**) and adapt the meeting as need be. Do not hesitate to apply one of the alternatives, according to the group.

For an in-person meeting:

- Prepare a timer, to respect the allotted time.
- Prepare a candle, a Bible, and copies of the chosen Bible passages. (cf. **appendix 2**).
- Place chairs or cushions in a circle.

For an online meeting:

- Plan the meeting on the chosen platform (Zoom, Teams, etc.) and be sure you are familiar with the use of that platform.
- Transmit all pertinent information for connecting to the meeting to the participant(s).
- Invite the participant(s) to do the self-reflection before the meeting (cf. **appendix 1**: attach it to the invitation).
- **At the beginning of a group meeting**, it is important to invite the participants to mute themselves, to avoid distracting background noise. When someone wants to speak, they un-mute themselves, then mute themselves again when they are done.

# Procedures

*The following instructions have been drawn up for in-person meetings. If necessary, they may be adapted for online meetings.*

## Welcome and introduction

At the beginning of the meeting, present the goal, the objectives, the general outline of proceedings and any rules to be followed.

## Some general rules

To promote effective communication and an atmosphere of listening and trust in the group, here are some rules that should be respected during all times of sharing during the meeting:

1. Speak in the “I”: When speaking, each person says what they think, feel, or have experienced in the most personal and authentic way possible while respecting their sense of personal privacy; it is not necessary to divulge everything, it is simply important to speak truthfully.
2. Be open and listen generously and without judging others: each member of the group must try to actively listen and respect the experience of the person who is speaking. There are to be no comments or reactions.
3. What is said in the group stays in the group: the participants agree to treat what they hear with respect and confidentiality.

Source: Module B, “What are we bridging?” from the document *Be daring, Get involved! Facilitation tools for a Missionary Conversion of Christian Life Formation*: [https://evequescatholiques.quebec/sn\\_uploads/fck/CEVC/BeDaring\\_Tools2019Final-complet-version-anglaise.pdf](https://evequescatholiques.quebec/sn_uploads/fck/CEVC/BeDaring_Tools2019Final-complet-version-anglaise.pdf)

## Self-reflection

Distribute the document (cf. appendix 1) and present the four steps of a self-reflection. Each participant is invited to do this individually.

*Note: This step can be done before the meeting, especially if it an online meeting. In that case, appendix 1 will have been provided to the participant(s) in advance.*

*One or more Biblical passages (appendix 2) may also be provided, to be chosen by the participants individually. Encourage them to allow themselves to be touched by the text. During the conversation, the biblical passages are reread, meditated on together, and may perhaps resonate with the participants in a new way.*

## Spiritual conversation

Present the six (6) steps of the process.

1. *Take a moment to enter into inner silence, and ask for clarity*
2. *Listen to the self-reflection(s)*
3. *Listen to the words that resonate*
4. *Listen to the Word of God*
5. *Listen to the responses*
6. *A short prayer of thanksgiving together*

*In this document, the suggested comments to the presenter are in italics.*

Present the instructions for the spiritual conversation

- *To promote effective communication, I will invite the participants to share in clockwise order (other instructions for an online group), beginning with the person who is ready to go first. Anyone who wishes to remain silent should feel free to do so, stating that they do not wish to speak for the moment, or at all. I will take note of it and will come back to that person later, if they want me to.*
- *There will be three (3) turns to speak. A Bible passage will be read between the second and third turns.*
- *Each person speaks for a maximum of three (3) minutes per turn (1-2 minutes during online meetings).*
- *I will make a discrete signal at the end of each turn to be sure that each participant has an equal amount of time to share.*
- *I will invite the group to take a few minutes of silence between turns and to take note of any points they want to remember.*

Beginning.

## 1. Take a moment to enter into inner silence, and ask for clarity

Introduce this step, taking inspiration from the following:

*During this time of silence and deep breathing, I invite you all to settle yourselves and to enter into “a silence that is presence”, presence to yourself, to other members of the group and presence to God.*

*“Lord, open our hearts and our thoughts, to be open to hearing your living Word in our lives.”*

Have a few moments of silence.

## 2. Listen to our personal reflections

Introduce this step, taking inspiration from the following:

*I now invite each person to share an important aspect from what you have prepared. I remind you that you are invited to share (in the first person “I”) an important element, or some fruit of your self-reflection.*

*During the first turn, listen attentively to one another: do not respond, but instead notice how your heart is touched by what each person says. Do you notice how God wants to speak to you through what this person is sharing?*

*After the first turn, there will be a few minutes of silence to focus on what resonated the most, what was the most striking in what was shared. This is the time to take note, if you wish, of what you want to remember from this turn.*

Invite everyone to share, beginning with the person who is ready to go first, and continuing in clockwise order (other instructions for online groups). Remind them that it is possible to remain silent, stating if they do not wish to speak for the moment, or at all.

At the end of the turn, have a few moments of silence.

## 3. Listen to the words that resonate

Introduce this step, taking inspiration from the following:

*For this second turn, I invite you to share the things that resonated with you during this short time of silence. Once again, this is an exchange about the experience of each person: a tip is to begin your sentences by “I was moved by...”, “what touched me was...”. It is not a time to “add to” what you may have forgotten to say during the first turn.*

*After the second turn, we will take a few minutes of silence to listen to what resonated the most, what was the most striking in what was shared. This is the time to take note, if you wish, of what you want to remember from this turn.*



Invite everyone to share, beginning with the person who is ready to go first.

At the end of the turn, have a few moments of silence.

#### 4. Listen to the Word of God

Invite the participant(s) to **associate** what was shared to a Biblical “image” or a Bible passage. **The Bible passage** can be chosen by the participant(s) themselves or suggested by the animator. Or, the animator may propose a choice of short Biblical excerpts (**appendix 2**). Even if a passage has already been chosen, the participant(s) may also refer to other passages or images that come to mind.

Present the final step of the conversation, taking inspiration from the following:

*From the beginning of our conversation, we have tried to be attentive to our innermost hearts, where God speaks to us. “Our time of sharing can be enriched by an enlightening Bible passage that may serve as a mirror to the experience. The Bible gives witness to the revelation of God in human history, and represents the Great History in which I can recognize my own story. But it is not enough to simply open the Bible to automatically see a link with our own lives (it is not magic<sup>1</sup>).” It takes time, trust and mutual help.*

*I invite you to listen to the Bible passage or excerpt. There will then be a moment of silence and a time for answering questions (cf. **appendix 1**, “My self-reflection”: step 5):*

- *Through what I have just heard from myself, from others, from the Bible, what do I hear God saying to me? What do I hear him calling me to, and what will be my response?*
- *What do I recognize in myself as a source of division, of being closed, of **death**, and where I see a path that should not be taken, a difficulty to overcome, an area for growth, or a path that should be taken?*
- *What do I recognize in myself as a source of openness, of life, of growth, of steps forward, what makes me **alive** and for which I am full of gratitude?*

*Notes can be taken, if you wish. Decide what you would like to share in the final turn.*

Have a few moments of silence and a time for answering questions.

<sup>1</sup> Colette Beauchemin, “Des repères pour la relecture de vie”, a document prepared for the participants of a retreat at the Maison de spiritualité des Trinitaires: Lire sa vie dans le miroir de la Bible (March 27 to 29, 2020).

## 5. Listen to the responses

Introduce this step, taking inspiration from the following:

*Through what you have heard from yourself, from others, from the Word, I invite you to tell the Lord your feelings of wonder or your gratitude, something that you now better understand about certain events, some joy, a greater feeling of hope, something that has been enlightened, bit-by-bit.*

Invite the participants to share an important aspect of their response.

## 6. A short prayer of thanksgiving together for this time of sharing

## My self-reflection

1. **Take a moment to enter into inner silence, and ask for clarity:** Find a place that is conducive to silence, and try to become settled, taking several deep breaths to enter into a mindful, attentive state. You can repeat a simple prayer, “*Here I am Lord, in your presence*”, putting yourself in God’s presence. Ask Him: “Lord, give me your Light, your Spirit, to see my life through your loving, generous, merciful gaze, without judgment and in truth. I welcome and accept the love that you offer.”

2. **Remember:** Bring to mind events that have happened recently. Choose a memory, a face, a conversation that moved you, and write it down:

3. **Focus your attention:** Try to notice what these events stirred inside of you, without judging yourself or others: How did it affect you? How has it continued to resonate within you? Is it in a spirit of **openness** (wonder, gratitude, peace, joy, enthusiasm)? Or is it in a spirit of being **closed** (sadness, worry, anguish, weariness, irritation, dryness)? Did these events bring you peace, joy, or did you feel sad, weary? When? Why? Take note of these thoughts and feelings:

4. **Prepare to share:** Prepare to share a particular point. You may choose to underline it in your notes.

## 5. My response:

*This step will take place after the first two sharing turns, during the final time of spiritual conversation.*

*Through what I have just heard from myself, from others, from the Bible, what do I hear God saying to me? What do I hear him calling me to, and what will be my response?*

*What do I recognize in myself as a source of division, of being closed, of death, where I see a path that should not be taken, a difficulty to overcome, an area for growth, or a path that should be taken?*

*What do I recognize in myself as a source of openness, of life, of growth, of steps forward, what makes me alive and for which I am full of gratitude?*

## Biblical passages

God said: Let there be lights in the dome of the sky, to separate day from night (...) God set them in the dome of the sky, to shed light upon the earth to govern the day and the night, and to separate the **light** from the **darkness**.

Excerpt from the first creation story (Gen. 1, 14, 18)

In the six hundredth year of Noah's life, in the second month, on the seventeenth day of the month: it was on that day that all the fountains of the great abyss burst forth, and the floodgates of the sky were opened. For forty days and forty nights heavy **rain** poured down on the earth.

Excerpt from the story of the great flood (Gen. 7, 11-12)

And Moses named the Massah (meaning: test) and Meribah (meaning: quarreling), because the Israelites quarreled there and tested the Lord, saying, "Is the Lord in our midst or not?"

Excerpt from the story of the wandering in the desert (Ex. 17, 7)

My God, my God, why have you abandoned me? Why so far from my call for help, from my cries of anguish? My God, I call by day, but you do not answer; by night, but I have no relief.

Psalms 22, 2-3

Earth and sky perish, but you remain; they all wear out like a garment; like clothing you change them and they are changed.

Psalms 102, 27

Why is light given to a man whose way is hidden from him, and whom God has hedged in! For sighing comes more readily to me than bread, and my groanings are poured out like water. For the thing that I fear comes upon me, and what I dread befalls me. I am not at ease, nor am I quiet; I have no rest, but **trouble** comes!

Job 3, 23-26

But you, Lord, are a **shield** around me; my glory, you keep my head high.

Psalms 3, 4

The Lord is my **shepherd**; there is nothing I lack. (...) Even when I walk through a dark valley, I fear no harm for you are at my side; your rod and staff give me courage.

Psalms 22, 1, 4

*The Biblical passages below may be given to the participant(s) to be used during their self-reflection(s) before the spiritual conversation; or they may be chosen by the animator in preparation for the 4th step of the spiritual conversation, "Listening to the Word of God" (cf. Procedural instructions).*

*To complement or replace the passages below, it is possible to use the images recommended in the "[Bible Images](#)" document, from which the participant(s) themselves may choose those images that speak to them most. The words below that are in bold may evoke images, or relate to the suggested images.*

But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in **secret** will repay you.

Matthew 6, 6

Another of his disciples said to him, “Lord, let me go first and bury my father.” But Jesus answered him, “Follow me, and let the dead bury their dead.”

Matthew 8, 21-22

And when they saw him they worshiped him; but some doubted.

Excerpt from Jesus’ apparition to the eleven (Matthew 28, 17)

A violent **storm** came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, “Teacher, do you not care that we are perishing?”

Excerpt from Jesus calms a storm at sea (Mark 4, 37-38)

Jesus said to him in reply, “What do you want me to do for you?” The **blind man** replied to him, “Master, I want to see.”

Excerpt from Jesus cures the blind man Bartimaeus (Mark 10, 51)

“But go and tell his disciples and Peter, ‘He is going before you to Galilee; there you will see him, as he told you’”

Excerpt from the resurrection of Jesus (Mark 16, 7)

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the **desert** for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry.

Excerpt from the temptation of Jesus (Luke 4, 1-2)

The **wind** blows where it wills, and you can hear the sound it makes, but you do not know where it comes from or where it goes; so it is with everyone who is born of the Spirit.”

Excerpt from Jesus’ conversation with Nicodemus (John 3, 8)

The woman said to him, “Sir, give me this **water**, so that I may not be thirsty or have to keep coming here to draw water.”

Excerpt from Jesus’ encounter with the Samaritan woman (John 4, 15)

## Animating a family meeting

When something happens in our lives, when we have an experience, it has an impact on us. The experience may cause us to experience certain feelings, like happiness or sadness, or we may feel angry, scared or surprised. We may feel grateful or worried, but most of all, we want to understand the experience, what we are feeling and how we can perhaps grow from it.

This special activity, that we call a “self-reflection”, will help us to find meaning in our lives and to listen to God and others. We then share what we have learned with our friends. This can help us to see the experience that we have lived in perhaps a new way.

This self-reflection comes from the Jesuits who call this activity: “spiritual conversation”.

*“Do not imagine that you could have been born at a different moment or in a different place in the history of the universe. All the elements came together so that you may be here, at this time and in this place.”<sup>2</sup>*

### The process in five steps

1. Take a moment to find interior silence, going to that place where God lives inside of you.
2. Remember a particular event and share it.
3. Listen to others and share what resonates within me.
4. Listen to the Word of God.
5. Prayer of thanksgiving together.

### Procedure

#### Beginning

At the beginning of the meeting, the animator can introduce the process, taking inspiration from the following:

*God has called us to be here, now, to participate in building up the world. Whatever our age, we have a role to play. God does not leave us alone to build up the world, no! God is always with us and gives us the gifts we need to participate in this work.*

*We will now take some time to review an event that was important in our lives, with the help of the Holy Spirit.*

*The following instructions are a simplified summary of the main elements for the “Reviewing events” process. It is geared toward those who organize or animate meetings with children or with families, in various contexts.*

<sup>2</sup> Teilhard De Chardin, was a Jesuit and a scientist. This quotation is from his book *Hymn of the Universe*, Pensée no. 20, Paris, Seuil, 1961, p. 87.

*The meeting animator may participate in all of the steps. (cf. p. 2, role of the animator in Preparations).*

*Each person experienced the event in a unique way, because each person is unique. As we share our thoughts and feelings, let us listen with our hearts to how God speaks to each one of us.*

### **1. Take a moment to enter into silence, going to that place where God lives inside of you.**

*You can hear the music on Youtube:*

[https://www.youtube.com/watch?v=B-Dcw88cxmiE&list=OLAK5uy\\_nEaYsAhZ-B5BhmPGqgqE9MDpl75aWoYVQY&index=10](https://www.youtube.com/watch?v=B-Dcw88cxmiE&list=OLAK5uy_nEaYsAhZ-B5BhmPGqgqE9MDpl75aWoYVQY&index=10)

Appendix 3  
Complementary Documents :

- [1. As a deer](#)
- [2. I remember](#)
- [3. Listening to other](#)
- [4. My barometer](#)
- [5. The Good Shepherd](#)
- [6. I Could Sing for Your Love](#)

Begin by listening to a song: “As a deer” (cf. **document 1** “As a deer”)

The song can be sung together.

The animator asks the Lord for his light, his Spirit: *Come Holy Spirit, open our hearts and our thoughts, that we may listen to the living Word through our family.*

The animator then gives some instructions for a time of interior reflection, taking inspiration from the following (said slowly, in a calm voice):

*You are sitting comfortably, with your back straight, your feet on the ground. Your hands are placed gently on your lap. (A candle may be lit)*

*Take a few deep breaths, and observe the natural rhythm of your breathing. Inhale and exhale slowly. While inhaling say, “Holy”; while exhaling say “Spirit”. Say a simple prayer: “Here I am Lord, in your presence”.*

Have a few moments of silence.

### **2. Remember a particular event and share it.**

Introduce this step, taking inspiration from the following:

*Ask God to help you to remember the event. What happened? How did you feel inside?*

*Take some time to write down or draw, or think about what you have remembered.*

Distribute the “I remember” document (cf. **document 2**). Young children may draw and/or make use of the “My inner barometer” document. (cf. **document 4**).

#### **Sharing**

*If you want, you can now share what you remembered.*

*Listen carefully to what the others remembered.*

The animator invites the participant(s) to share, one at a time, in the order that was determined at the beginning of the conversation (in a group of children, ask them to raise their hand and the animator will call on them to speak).



The animator makes a discrete signal at the end of each turn (using an image, for example a stop sign) to be sure that each participant has an equal amount of time to share. Remind them that it is possible to remain silent, stating if they do not wish to speak for the moment, or at all.

At the end of the turn, invite the participant(s) to take a few moments of silence, once again listening to the song “Step by Step: (cf. **document 1**)

Suggest a prayer, taking inspiration from these words: “*Lord, open our hearts and our thoughts to hear your living Word through our family.*”

### **3. Listen to others and share what resonates inside.**

Invite the family members to react to this first time of sharing:

*What did I hear?*

*What do I feel?*

*What has touched me?*

Distribute **document 3** “Listening to others”, where each person can write their answers. Young children can use the “my inner barometer” document (cf. **document 4**).

### **4. Listen to the Word of God**

Introduce this step, taking inspiration from the following:

*When Jesus was alive on Earth, in the land of Israel, people were so amazed by him that they asked him, “Who are you?” this is what Jesus said:*

Distribute **document 5** “The Good Shepherd”. Read, or invite someone to read the suggested Biblical passage (John 10, 27-30).

Invite the participant(s) to share: *What did you hear? You can share a word or a sentence (or present the Bible image that was chosen)...*

### **5. Prayer of thanksgiving together**

Introduce this step, taking inspiration from the following:

*I invite you to share in a prayer of thanksgiving together.*

If need be, the animator may initiate the prayer, taking inspiration from the following: *Thank you Jesus for being with us here today...*

*Those who would like to, can share with us, any prayer that comes to your heart.*

*In a family, it may be useful to use a speaking stick that each person holds when they want to speak. You may also begin by the youngest child.*

*In a family, everyone may have something to say (as long as a child is able to speak, able to communicate, he or she may need to share, even if it is difficult for them to enter into the exercise). Young children can replace writing with drawing: the “My inner barometer” document (cf. **document 4**) may be useful.*

*A different Biblical passage may be chosen from among those suggested in appendix 2, “Biblical passages”.*

*Other alternatives: Biblical images may be distributed, from which the participant(s) themselves may chose those images that speak to them most (cf. [Biblical Images for children](#)). Chosen images may be colored before presenting them during the time of sharing.*

At the end of this time of prayer, you can say: *We can now say together the prayer that Jesus taught us: "Our Father..."*

*Note: You can hear the music on Youtube at:*

<https://www.youtube.com/watch?v=4o-3pHQrWHJ8>

End the meeting with a joyful song: "I could sing of your love forever" (cf. **document 6**: "I could sing of your love forever").

*Everyone can get up and dance, jump, move your arms and your whole body to express your joy!*

## Animating a meeting with teens

### 1. Take a moment to enter into inner silence, in the presence of God

Introduce this step, taking inspiration from the following:

*I invite each person to consciously stop what you are doing and to enter into “a silence that is presence”, presence to yourself, to other members of the group and presence to God. Take a few deep breaths. You can say a simple prayer, “Here I am Lord, in your presence”, putting yourself in God’s presence, under his kind and loving gaze.*

Have a few moments of silence.

### 2. Connect to your inner thoughts and moods

Introduce this step, taking inspiration from the following:

*I invite you to connect to your inner thoughts and moods. Think of things that have happened these past weeks, experiences you had, questions you asked yourself, things you learned about yourself, about others, about the world. How do you feel about these events, these questions, these discoveries? Do you feel joy or sadness? Peace or anxiety?*

*You may ask; why should I connect to my inner thoughts and moods?*

Listen to the answers and if need be, add:

*Because God speaks to us through the events of our lives. To hear Him, we must listen deep inside of ourselves, to what we feel, without judgment and without pretending.*

Invite them to personally look at how they feel about these events.

### 3. Listen to one another

Introduce this step, taking inspiration from the following:

*When you are ready, I invite you to share an important aspect of your thoughts and moods. Why should we share our thoughts and moods?*

Listen to the responses and if need be, add:

*Because God speaks to us through others as well. To hear Him, we listen to one another, attentively, without comments, trying to notice how we feel about what each person says.*

For this time of sharing, the animator should present the following rules that should be followed, and ask if everyone is in agreement with these terms:

*The animator should remain attentive to any emotions that may arise, sometimes intensely. If need be, suggest some calming gestures (light a candle, make a heart shape with the hands, deep breaths...).*

1. *Speak in the "I": When speaking, each person says what they think, feel, or have experienced in the most personal and authentic way possible while respecting their sense of personal privacy; it is not necessary to divulge everything, it is simply important to speak truthfully.*
2. *Be open and listen generously and without judging others: each member of the group must try to actively listen and respect the experience of the person who is speaking. There are to be no comments or reactions.*
3. *What is said in the group stays in the group: the participants agree to treat what they hear with respect and confidentiality.*

Invite everyone to share, beginning with the person who is ready first, and continuing in clockwise order (other instructions for online groups). Remind them that it is possible to remain silent, stating if they do not wish to speak for the moment, or at all.

At the end of the turn, have a few moments of silence.

#### 4. Share about how the words of others touched us

Introduce this step, taking inspiration from the following:

*During this second turn, we will share what has touched us in what other have said, and why. Once again, we will listen attentively.*

Have a few moments of silence, then invite the participants to share, beginning with the person who is ready to go first.

At the end of the turn, have a few moments of silence.

#### 5. Speaking with Biblical symbols

Introduce this step, taking inspiration from the following:

*Use photos (or drawings) of Biblical symbols, chosen by the animator (cf. "Biblical Images" document) or found on the Internet by the participants.*

*I invite you to think of a Biblical image, either on your own or with the help of the suggested symbolic Biblical images, that best corresponds, in your opinion, to the experiences that were just shared.*

Why read the Bible?

Listen to the responses and if need be, add:

*Because our time of sharing can be enriched by an enlightening Bible passage that may serve as a mirror to the experience. The Bible gives witness to the revelation of God in human history, and represents the Great History in which I can recognize my own story. But it is not enough to simply open the Bible*

*to automatically see a link with our own lives (it is not magic). It takes time, trust, and mutual help.*

Invite each participant to choose a photo and to share what went on during the past weeks.

*It is suggested to look for photos (or drawings) representing biblical symbols, suggested by the animator (cf. document «[Biblical Images](#)») or chosen on the internet by the young people.*

## 6. Listen to the Bible passages

Introduce this step, taking inspiration from the following:

*With these images in mind, I invite you to think of and listen to some short Bible passages where these images are found.*

Invite the participants **to relate the symbolic Biblical images to any Bible passages** that come to mind or that are chosen from among the suggested excerpts (cf. **appendix 2**). Invite someone to read them out loud.

## 7. Listen to the responses

Introduce this step, taking inspiration from the following:

*Through what you have heard from yourself, from others, from the Word, I invite you to tell the Lord your feelings of wonder or your gratitude, something that you now better understand about certain events, some joy, a greater feeling of hope, something that has been enlightened, bit-by-bit.*

Invite the participants to share an important aspect of their response.

## 8. A short prayer of thanksgiving (thank you).