

Group Spiritual Direction (1 hour)

One member acts as the Facilitator/timekeeper each time.

1. Invocation of the Holy Spirit

Facilitator: In the Name of the Father and of the Son and of the Holy Spirit. Amen.

All: Come, Holy Spirit, fill the hearts of thy faithful and enkindle in them the fire of thy love.

Facilitator: Send forth thy spirit and they shall be created.

All: And thou shalt renew the face of the earth.

Facilitator: Let us pray. O God, who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same spirit to be truly wise, and ever to rejoice in his consolation. Through Christ our Lord. **Amen.**



2. **Silence** (2 minutes). All members pray for clarity for the one sharing and charity for the ones listening.

3. Someone shares (10-12 minutes)

The sharer may choose anything that is on their heart and in their prayers.

1. Tell the group about this experience, issue, pattern, choice to be made, etc.
2. Relate it to your faith: Where is God in this or where do you feel His absence? How do you think He sees it? Do you sense Him asking anything of you?

4. **Silence** (2 minutes)

5. Ask questions, make observations (10-12 minutes)

Those who didn't share now ask open-ended questions that help the sharer dive deeper. No fixing, suggestions, or advice. The goal is for the sharer to be led by the Holy Spirit, not group opinion.

- *I noticed...Say more about...What might that be about...I wonder about...*
- *Where did you see God's presence or absence?*
- *What might be God's invitation to you in that?*
- *How does this connect to your larger story?*
- *I notice this virtue in you...*
- *I sense there's more about...*
- *What made this story/issue come to your mind today?*
- *Your strongest emotion/reaction was when...*
- *This word or phrase you used seemed central to what you shared...*
- *Say that bit again about...*

6. **Silence** (2 minutes)

7. **Debrief & Reflect** (5 minutes)

Spend some time reflecting further on the process. Group members are still centered on the sharer's experience (not sharing your own stories), but reflections can range wider:

- *Words of encouragement*
- *Connections with Scripture, Church teaching or lives of the Saints*
- *I noticed a theme...*
- *I affirm this good thing...*
- *Connections with virtues and the gifts and fruits of the Spirit*
- *I noticed something in our group dynamic...*

The sharer always gets the final word and can simply say “thank you” or reflect on what stuck out to them most.

8. **Closing**

If continuing to a second person, take 2 minutes silence and return to step 2 for the next sharer.

If not, close in prayer with:

- a prayer of the heart for the person regarding their sharing and then
- an Our Father, Hail Mary & Glory Be.