

Session 2: Deepening Your Discernment

(Adapted from Pgs 83 – 85 in the Siena Complete Resource)

Remember to have one of the leaders to keep track of the time throughout the meeting.

One of the leaders will Welcome everyone back to Session 2.

If there is a new member in the group, have them introduce themselves and ask them to share the charism they are experimenting with.

Remind everyone of the Ground Rules:

- Confidentiality: what is shared in the group remains with the entire group.
- It is not appropriate for any members to discuss what someone shared amongst themselves outside of the group.
- Participation: Everyone is expected to participate.

Sharing feedback/insight on another's experiment can help them clarify, see things they may not have noticed or make critical adjustments

- Stay on topic.
- Leading is the Holy Spirit's role; group leaders facilitate
- Remind everyone about the Purpose of these meetings: To help each member of the group fruitfully discern whether or not they have a particular charism.

This week's session will focus more deeply on the effectiveness of our experiments: What's working/ what's not.

Read the Opening Prayer (led by the one of the co-leaders):

Take a moment to place yourself in God's presence... Ask for the grace to be open

to the guidance of the Holy Spirit as we consider the results of our experiments since the last meeting.

God calls me and sends me forth as a laborer in His vineyard. He called me and sends me forth to work for the coming of his Kingdom in history...

The fundamental and continuous attitude of the disciple should be one of vigilance and constant attentiveness to the voice of God.

It is not a question of simply knowing what God wants from each of us in the various situations in life. The individual must do what God wants, as we are reminded in the words that Mary, the Mother of Jesus, addressed to the Servants at Cana: "Do whatever He tells you"

(Time from Welcome to Opening Prayer: 10 minutes)

Discernment Discussion Sharing (pg 83 reflection): (Time: 15 minutes)

In what ways has a conscious attentiveness to the Holy Spirit's prompting to trust & surrender to God's will or step out of your comfort zone through experimenting with your charism brought you closer to God?

Sharing Experiments: (Time: 45 -75 minutes)

- Recall the three signs of a charism present:
 - Finding Joy/Energizing; feels like Prayer
 - We are extraordinarily effective; accomplishing more than we can do on our own – the Holy Spirit
 - Feedback from others: Direct or Indirect Have each person share their results since the last meeting
- How did your experiment go?
- Where the three signs of the charism present?

- What was the effectiveness?
- Was it remarkable, more than you would expect? Please share.
- Did others respond to your actions at the time? How? Please share your feedback
- Do you consider this experience to be successful? Why?/Why not?
- After each person has had a chance to discuss the outcome of their experience, the others in the group will share insights based upon what was shared.
- Ask whether anyone has other suggestions for experiments?
- Does anyone see evidence of a charism that is not being recognized and/or tested?

After everyone has had a chance to speak, prepare to conclude the meeting.

- Prior to the closing prayer, ask if there are any final thoughts/questions/suggestions for next meeting.
- Draw their attention to the optional exercise, “The Art of Releasing Control.” (pp. 104-111)

One of the co-leaders will read the Closing Prayer:

Oh Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I’m actually doing so.

But I do believe that the desire to please you does in fact please you.

I hope I have that desire in all that I am doing... that I will never do anything apart from that desire.

I know that if I do this, You will lead me by the right road though I may know nothing about it. Therefore, I will trust you always though I may seem to be lost... I will not fear, for you are ever with me, and You will never leave me to face my perils alone.

In the name of the Father, Son and Holy Spirit. Amen. Thomas Merton

For the next Six Weeks:

Start your day with prayer; ask the Holy Spirit to help you Discern and Experiment

- Refer to your discerning together worksheet: pray for each person
- Log your experiments, journal your results
- Pay particular attention if compelled to act in accordance with a different Charism
- Check in with you mentor
- Meet with you small group: share and pray

As you experiment be aware of three signs of a Charism

1. Were you feeling any of the following: prayerful, joyful and/or did it feel right?
2. Was it supernatural i.e. not you're doing, but the work of the holy Spirit through you?
3. Did you get any feedback—direct or indirect?

Worry not, just trust the Holy Spirit and learn to let go!

God doesn't look for people with a purpose for his call; God looks to call people for his purpose God know us; God loves us; God wants all of us: for this we receive his unconditional Mercy and Forgiveness... and the Gift to transform the life of others,