

Purpose & Format

Women's Faith Sharing intends to foster the daily habit of prayer, scripture reading and reflection and personal journaling. Helpful guidance will be given for those new to reflective prayer and journaling.

The faith sharing portion of our time together will allow participants to share from the heart their experiences of prayer and Scripture reflection for each week.

Faith Sharing

Faith sharing is not so much about ideas as it is about your feelings or emotional reactions during or following your prayer time. Small-group discussions focus upon each person's personal experience, so there are no right or wrong contributions.

Sacred Listening

During faith sharing, we recognize God's presence with sacred listening, by listening to one another with attention, reverence, and devotion.

- We pay attention to the person speaking by really listening to what he or she is saying.
- We reverence the person who is before us by accepting and cherishing his or her differences.
- When we do these two things, we discover devotion: that is, we recognize God's presence in the person before us.

In order to foster this awareness of God's presence in our faith sharing, we keep in mind the following:

- Think about what you are going to share by reviewing your prayer experience for the week before coming. This will enable you to listen more attentively to the others in your group when they are sharing.
- Do not cross-talk. In other words, listen reverently to each person's reflection without making any comments or judgments.
- Include several moments of silence between each person's reflections to help remember the presence of God in your midst.
- Remember that strict confidentiality must be maintained.

Questions for Reflection

A few questions which may help in your sharing:

1. In general, how was your prayer experience this past week? Was the prayer easy, difficult, or a bit of both?
2. How did you pray, or what did you find helpful as you settled down to pray?
3. Specifically, what struck you in prayer this week, especially regarding the scripture passages? Describe any positive or negative feelings you had.
4. Did the prayer leave you enlightened or challenged in any particular way?
5. Were there any events in your life this week that helped you grow in a heartfelt knowledge of God?