

Group Leader Tools

Be Present.

Conversations Starters

Read and discuss

"God is always coming to you in the sacrament of the present moment. Meet and receive Him there with gratitude in that sacrament." Evelyn Underhill

"Crowds shift with the winds. Why waste the time and energy trying to be in with the popular crowd? Jesus never did. Be like him. Don't try to be cool." Chapter 7

"Jesus' conversations were direct or confusing or simple or complex, all depending on the person and the situation. He was incredibly intentional with how he used conversation, because he never wanted to stay on the surface of things." Chapter 8

Discussion Questions

1. Think of a person in your life who best demonstrates the quality of presence. Is there anything specific this person does that communicates value to you and makes you feel safe?
2. Read Luke 10:38-42
 - a. Do you identify more with Mary or Martha in this story? Why?
 - b. Consider your thoughts toward the "other" one. What do you feel toward them?
 - c. What is it about Mary's behavior do you think Jesus is applauding, what about Martha is Jesus challenging?
 - d. How does this story speak to you?
3. This week we were challenged to be present with the people around us. What efforts did you make and how did they go? Would you like accountability to intentionally practice any of the suggestions in the coming week?

Group Exercise: Daily Examen

"Most people learn to discern God's presence by looking in the rearview mirror."
David Benner, *The Gift of Being Yourself*



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Saint Ignatius of Loyola, founder of the Jesuits, suggested the following Steps for a "Twice Daily Spiritual Examination." Lead the group through the following exercise.

- Step 1: Quiet Yourself and recall that you are in the presence of God
- Step 2: Ask God to assist you in making the examination
- Step 3: Recall the people, places and things that have entered your day since your last examination. Ask where God might have been present in the sights, sounds, tastes, and sensations of your day.
- Step 4: Consider where you may have turned away from God's desires for you in your choices or actions.
- Step 5: Form a resolve based on numbers three and four above to change some behavior or attitude in yourself. Ask God to help you with this resolve.

Conclude with a prayer.

Resources

- <https://www.ignatianspirituality.com/ignatian-prayer/the-examen - reflections>
- <https://www.onfaith.co/onfaith/2007/08/13/finding-god-on-the-metro/763>

