



Service for Discernment in Common
Service pour le Discernement en Commun

Reviewing my Church experience

Choose a theme that holds your attention and a time to pray

Place yourself in the presence of the Lord and offer yourself to the action of the Holy Spirit

Visualize yourself with all the people of God and with Christ present in our midst

Ask for the grace of an open and attentive heart to welcome what the Lord wants you to feel.

Collect the fruit of your prayer in writing. You can fill in the questions as you go along, or you can fill them in only after you have prayed, depending on what helps you most.



1. My desire for the Synod

What desires do I have as the Church enters into Synod?

What do I hope for ?

What events in the life of the Church through the ages give me the most hope?

What outstanding figures are sources of inspiration for me?

As I contemplate the Church today through the eyes of Christ, what feelings arise in me?

What stirrings and calls does this contemplation evoke in me?

What do I deeply desire for the Church in the future ?

2. My personal journey in the Church

What memories come to mind when I think of my journey in the Church?

Do I remember the stages of initiation into the life of the Church that I experienced (baptism, catechism, first communion, confirmation)? How do these memories resonate with me? What do they evoke?

What were the main consoling events of my life in the Church?

What were the difficult, discouraging and desolating experiences?

To review these experiences further, I can use the chart below

	What happened Description of the event	What feelings did this trigger?	Why do I feel this way? Which needs have been satisfied or ignored?	Is this understanding / interpretation valid	What do I decide accordingly?
++ Most grateful					
+ Grateful					
- Not grateful					
-- Least grateful					

3. My place in the Church today

What is my place / role in the Church ?

What are the places and groups (in-person and virtual!) connected to the Church that I attend?

How do the sacraments nourish me?

What is the connection with my parish?

If I don't have a regular connection to a parish, what is my connection to the Christian community and how do I experience it?

How do I live my life in the Church?

What is consoling? inspiring?

What is discouraging? a source of discouragement?

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4. Getting out of my comfort zone

What people/groups/spiritualities do I feel comfortable with in the church?

What people/groups/spiritualities do I feel "distant" from?

What other Christian denominations do I know?

Which ones do I have no contact with?

What are the "peripheries" that I am in contact with? that I would like to get closer to?

What visions of the Church are the cause of irritation and misunderstanding for me?

Who are the people I never meet and whom I would like to meet?

What steps or gestures could I risk in order to meet people who seem "far" from my way of thinking and living the Church?

To which conversion do I feel invited?

5. The mission of the Church today

What is my image of the place of the Church in the world today?

What aspects of the Church's life and mission energize me and inspire the world?

On the contrary, what aspects of the Church's life are a counter-witness?

Which of the 10 themes proposed by the Synod seem to me to be the most important to deepen?

What is for me the most urgent call for the Church today? in the country where I am? in the world?

What means can the Church give itself to implement this call?

6. Other personal notes