

As Marists

Journeying Together | 2019 - 2021

A resource for personal or group use to break open the 'As Marists' document and open ourselves to the work of the Spirit.



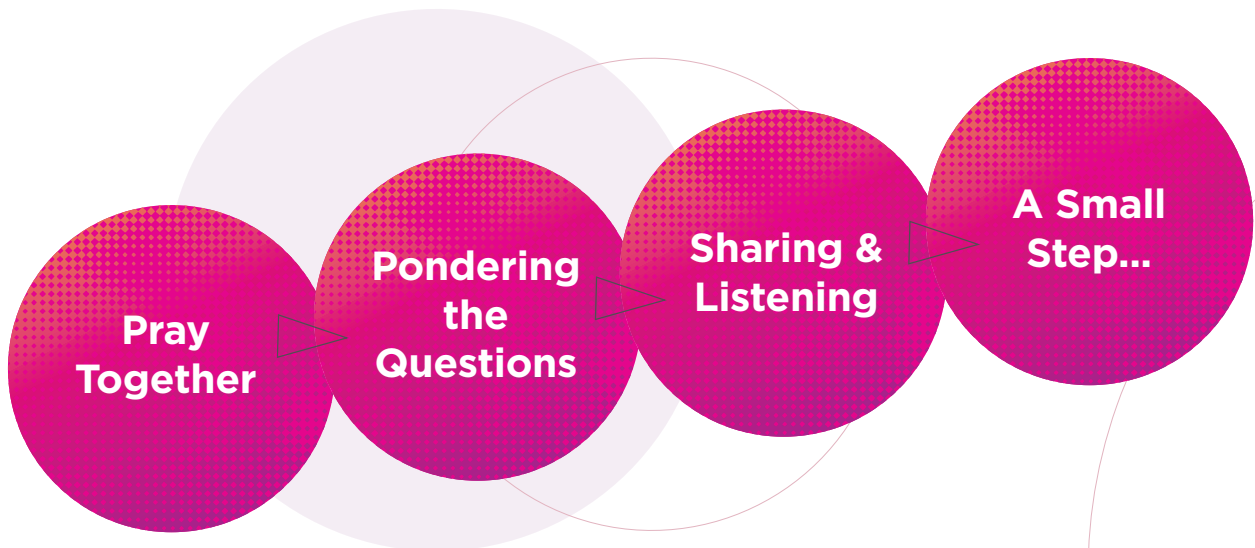
Our Spirituality

Guiding Principles 1, 2 & 3

Marist
ASSOCIATION OF
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The Process

In any one session, you are invited to pray, reflect, share and listen, and potentially discern some actions to take - with any of the Guiding Principles in this set.



Pray Together

You are invited to pray together with the prayer below, or you may wish to use the Marist Prayer App, some scripture, or reflect on the events of the day in silence.

Creator God, there are traces of Your beauty everywhere.

Help us to recognise them, and so live in gratitude for all Your many gifts to us.

Incarnate God, You took flesh in Jesus and You continue to do so in all of humanity.

Help us to draw closer to You through them.

Transforming God, Your Spirit dwells within us, closer to us than we are to ourselves.

Help us to grow in intimacy with You, and in likeness to You.

Amen

Guiding Principle 1



As Marists...

we engage in faith formation for mission and service in the Church and in the world.

Pondering the Question

For personal reflection:

What encounters and/or experiences help you to learn and grow in your faith?

How has this nourished and shaped you?

For group discernment:

What can we do as a group to grow and deepen our faith?

How can this help our outreach to others?

Allow 5-10 minutes to sit silently with the questions.

Jot down some of the things that are surfacing in your mind and heart.



Guiding Principle 2

2

As Marists...

we draw on the intuition, wisdom and grace of the Marist way of living the Gospel.

Pondering the Question

For personal reflection:

What is your understanding of the 'Marist way'?

What quality of the 'Marist way' is shaping your life most fully?

For group discernment:

What might assist us as a group to deepen our appreciation of the 'intuition, wisdom and grace of the Marist way'?

Allow 5-10 minutes to sit silently with the questions.

Jot down some of the things that are surfacing in your mind and heart.



Principle 3

Guiding

3

As Marists...

we nourish our spiritual life and deepen our personal relationship with Jesus through prayer and contemplation, Word and Sacrament.

Pondering the Question

For personal reflection:

As you deepen your personal relationship with Jesus, where are you being led?

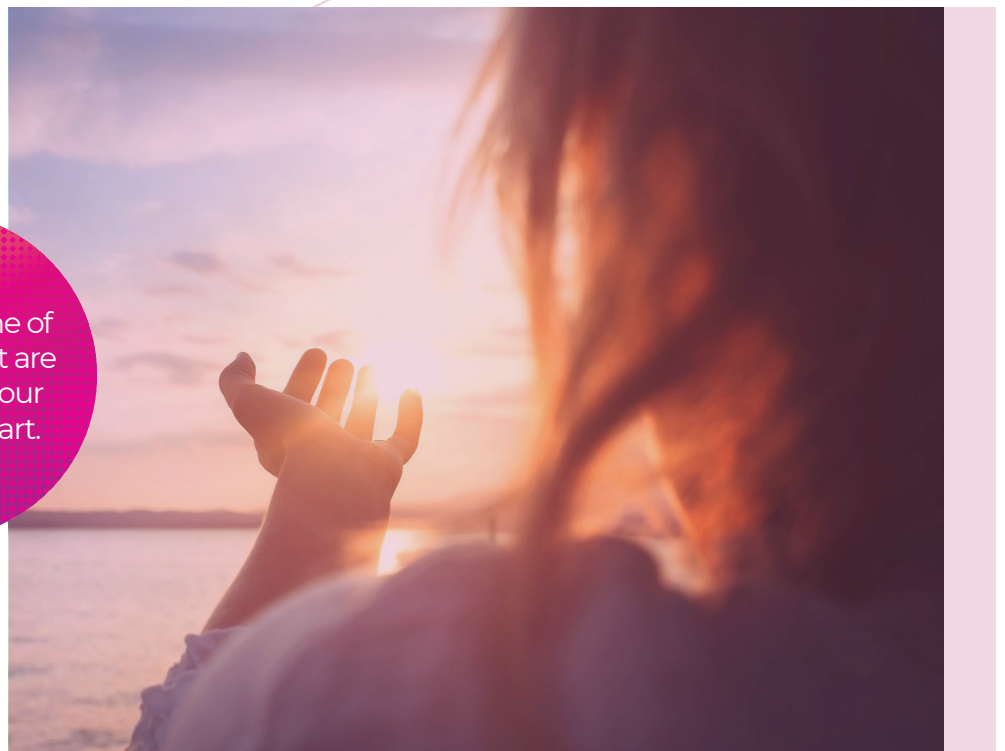
For group discernment:

What does it mean to us to live contemplatively?

How can we nourish our spiritual life together?

Allow 5-10 minutes to sit silently with the questions.

Jot down some of the things that are surfacing in your mind and heart.



Sharing & Listening

Share your insights

Take it in turns to share your reflections with the group.

Share your responses

Having listened to others, what is resonating with you?
What is arising in you now?

A Small Step...

Quiet Contemplation

Take a few minutes of silence to contemplate the suggestions and insights from the 'Sharing and Listening' process.

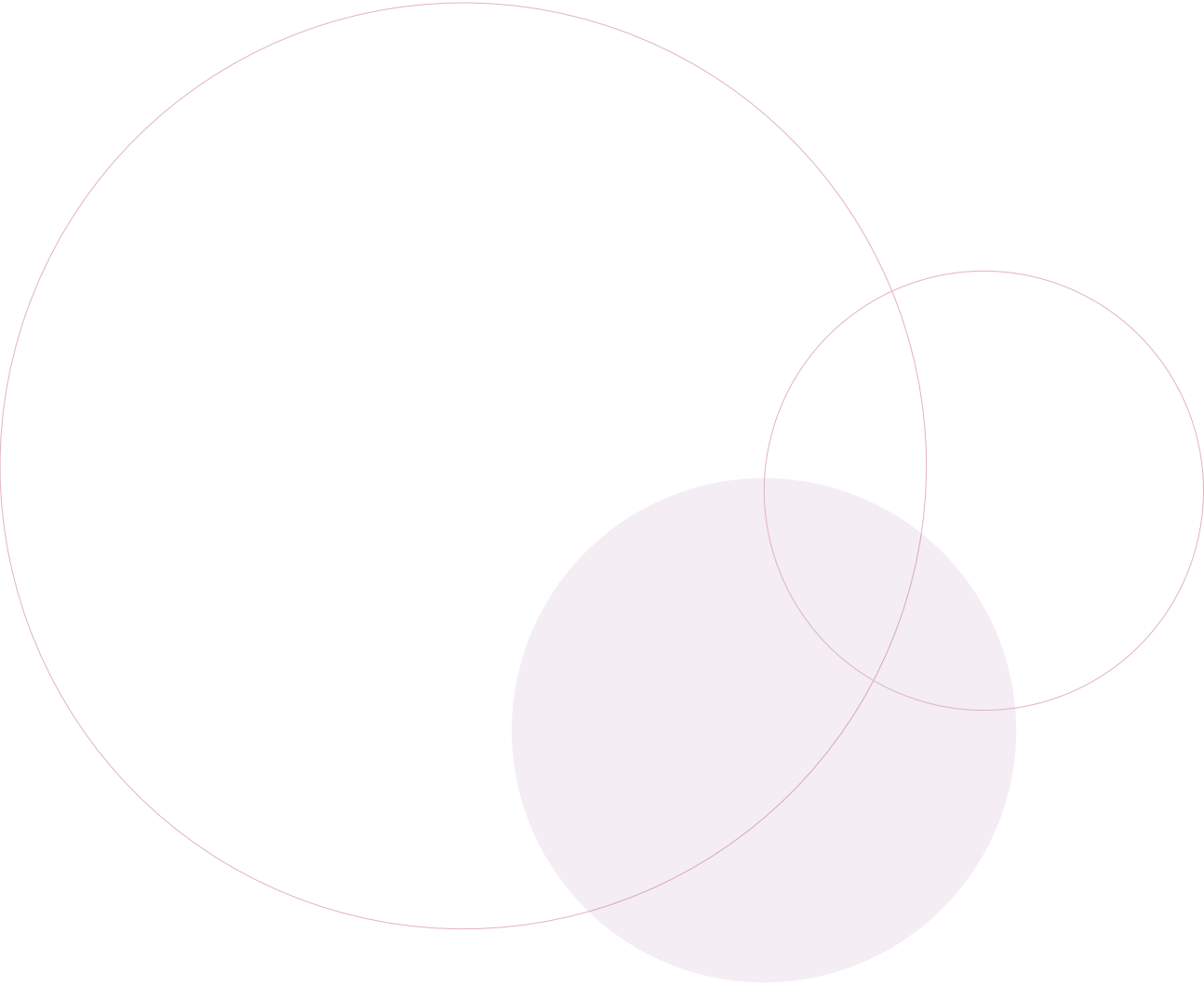
What is Emerging?

After group discussion, what ideas might the group wish to take forward?

Are there further actions that the group wishes to take?

What is the Next Step?

How might the group best implement these ideas?



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