



Questions for Session Four of “Claiming Your Spirituality in the Second Half of Life”...

1. How do you believe God “speaks” to us or interacts with us? What are some of the many ways in which God communicates with us? [Facilitator: If the answers lag, these are some suggestions: through new or surprising thoughts that arise during silence and solitude; scripture; a deep sense of presence in prayer; music; the beauty of creation and nature; words in a reading or a conversation that seem to be highlighted; seemingly unrelated experiences that feel like there is a message for you; “coincidences”?] How have you felt God communicating with you?
2. What spiritual practices enhance your ability to “hear” from God...to be more aware? What barriers limit your awareness...distract you?
3. How does a sense of the presence of God and the influence of the Spirit affect you? How does it “feel”? Is this something you have experienced and can describe?
4. Do you think there are benefits to observing the same spiritual practices over days and years? Do you think you could sharpen your awareness by changing or adding new spiritual practices from time to time? Is this something you have done already or might consider?
5. Do you think deepening your sense of the presence of the Spirit would help you navigate the unknowns of the second half of life? If so, how? Is being present to the Presence a priority for you?
6. Have you participated in retreats in which you and God are the only invitees...or at least for most of the time? What is most challenging about creating time alone with God?
7. How do you feel led to respond to Jesus’ invitation to his disciples to “Come and see where I live” – to us to “Come to me all you who are weary”? How might these invitations relate to your next steps in your daily life?
8. (Matthew 9:9) “As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, ‘Follow me.’ And he got up and followed him.” (John 10:27) “My sheep hear my voice. I know them, and they follow me.” What would it mean for you today to “get up and follow him?” What connections with other followers serve as your anchor points?
9. What would it mean for you to truly “**claim**” your spirituality for the second half of life? To “declare, affirm, acknowledge, own” your relationship with God lived out through faith, hope, and love? How could that movement of the heart set aside second half of life concerns?
10. Thinking about all that we have discussed during our time together, what do you now understand Fr. Rohr to mean when he says, “When you get your ‘Who am I?’ question right, all the ‘What should I do?’ questions tend to take care of themselves?” How would you answer the “Who am I?” question (*and live into it*) in a way that relieves your anxieties?