



Deeper Feelings

Spend a few minutes in silence, inviting God to be among you. Share with the group some of your experiences of praying with your feelings. (30 minutes)

'Getting in touch with the underlying realities behind one's feelings' – from John Veltri: *Orientations*, pg 114.

Sometimes we experience our feelings in one way, but when we look at them honestly, we discover another reality behind them. This may be a different feeling, a value or an attitude. For example, I may feel confused, but when I look at this feeling of confusion, I may discover a truer feeling of hostility which surprises me. Or again, when I look at a grateful feeling, I may discover that guilt of not being grateful enough is really operative. A feeling of peace may reveal a sense of accomplishment, or negatively, on the other hand, a fear of confronting another.

Sometimes feelings reveal a hidden attitude or value. For example, my feeling of confusion may reveal that, as a parent, I always have to be right.

Exercise

- (a) Place yourself in the presence of the Lord and pray for awareness.
- (b) Let the real feelings within you at this moment surface and name them as you did last week.
- (c) Choose one or other of the more significant feelings, and be with them for some time, as you explore with the Lord what they might further reveal that is taking place. Stay with the feeling as you recall the event that provoked it.
- (d) Ask the Lord to help you uncover the real feeling or attitude that is beneath your experience.
- (e) Express what you discover to the Lord in gratitude for the revelation.
- (f) Journal what you discovered, and then share in the group what you feel comfortable with.

At home this week

Look at the feelings you explored during the last week, and prayerfully follow them back to see what underlies them.

Be sure to be very prayerful and receptive in these exercises.

Pray that the Holy Spirit will reveal to you the movements that are going on in your life.



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