

Reflection Guide

for Continuing the Journey: Working Document (*Instrumentum Laboris*)

1

Prepare

Sit quietly, breathe in and out. Discover the peace in stillness.

Pray:

✠ Come, Holy Spirit of Pentecost.

Come, Holy Spirit of the great South Land.

O God, bless and unite all your people in Australia and guide us on the pilgrim way of the Plenary Council. Give us the grace to see your face in one another and to recognise Jesus, our companion on the road. Give us the courage to tell our stories and to speak boldly of your truth. Give us ears to listen humbly to each other and a discerning heart to hear what you are saying. Lead your Church into a hope-filled future, that we may live the joy of the Gospel.

Through Jesus Christ our Lord, bread for the journey from age to age. Amen ✠

2

Read

Read '[Continuing the Journey: Working Document \(*Instrumentum Laboris*\)](#).'

Reflection

The guided reflection below may support your prayer and reflection:

- Listening to the whisper of the Holy Spirit in this document, I have heard....
- And this leaves me feeling....
- The phrases/ideas that resonate with me are...
- The phrases/ideas that challenge me are...
- How is the Holy Spirit calling me to respond?
- How is the Holy Spirit calling the Church in Australia to respond?

Your reflection experience may be something you want to practise with your friends, family and extended faith community. [This document](#) contains suggestions on how to engage in a genuine process of listening and discernment.

You are welcome to share the fruits of your reflection with the public by submitting it online here: <https://plenarycouncil.catholic.org.au/listening-and-discernment/>



Sit quietly

Breathe in and out. Discover the peace in stillness. Pray.