

**Intro –**

**I. Call on the Name of the Lord.**

- a. Who is God? (5 minutes).**
- b. Who Do I Know God to be? OR,  
How has God personally shown up for you?**
- c. Adoration. Pray with person next to you. No asking. Only adore.**

**II. Reflection on OUR Stories. (10 minutes)**

- a. Write some of your story.**
- b. After this conference find someone to tell your story to.**
- c. Connecting your story with God.**

**III. Hearing from God**

- a. Making room for hearing God.**

“The heart makes room for God when ideas, thoughts, emotions, sins, dreams and desires of the heart are poured out to God.”

Dr. Calvin Blom, in his article on discernment in the book, *Giving Ourselves to Prayer* (Crawford, 2008, p. 217).

## Desolation

- turns us in on ourselves
- drives us down the spiral ever deeper into our own negative feelings
- cuts us off from community
- makes us want to give up on things that used to be important to us
- takes over our whole consciousness and crowds out our distant vision
- covers up all our landmarks
- drains us of energy

## Consolation

- directs our focus outside and beyond ourselves
- lifts our hearts so that we can see the joys and sorrows of other people
- bonds us more closely to our human community
- generates new inspiration and ideas
- restores balance and refreshes our inner vision
- shows us where God is active in our lives and where he is leading us
- releases new energy in us

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## What to do...

### ***In Desolation:***

1. Tell God how you feel and ask for help.
2. Seek out companionship.
3. Don't go back on decisions you made in consolation.
4. Stand still and remember your inner map.
5. Recall a time of consolation and go back to it with imagination.
6. Look for someone who needs your help and turn your attention toward them.
7. Go back to 1.

### ***In Consolation:***

1. Tell God how you feel and thank him.
  2. Store this moment in your memory to return to when things get tough.
  3. Add this experience to your life map.
  4. Use the energy you feel to further your deepest desires.
  5. Let the surplus energy fuel the things you don't like doing, and do them.
  6. Go back to 1. (excepts from *The Inner Compass* by Margaret Silf)
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