

Faith Sharing Exercise

Base on the Renewal-Apostolate Cycle

Instructions:

1. Take a few minutes to write your own notes in response to the questions.
2. You will be invited to share your answers. Only share what you are comfortable sharing.
3. In listening to the answers of others
 - Receive it with respectful silence and deep listening
 - Remember this is not about trying to offer advise to others

1. What are the major sources of pressures, demands and expectations in your life? How do you see them as helpful or stressful, etc?

2. How do you work at “balancing” these expectations, demands and pressures?

3. How do you renew yourself emotionally and physically?

4. How do you renew yourself spiritually?