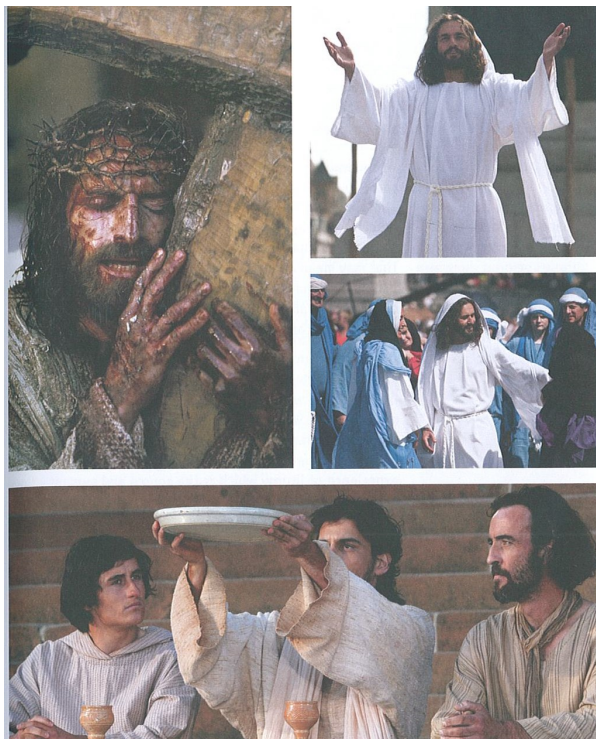


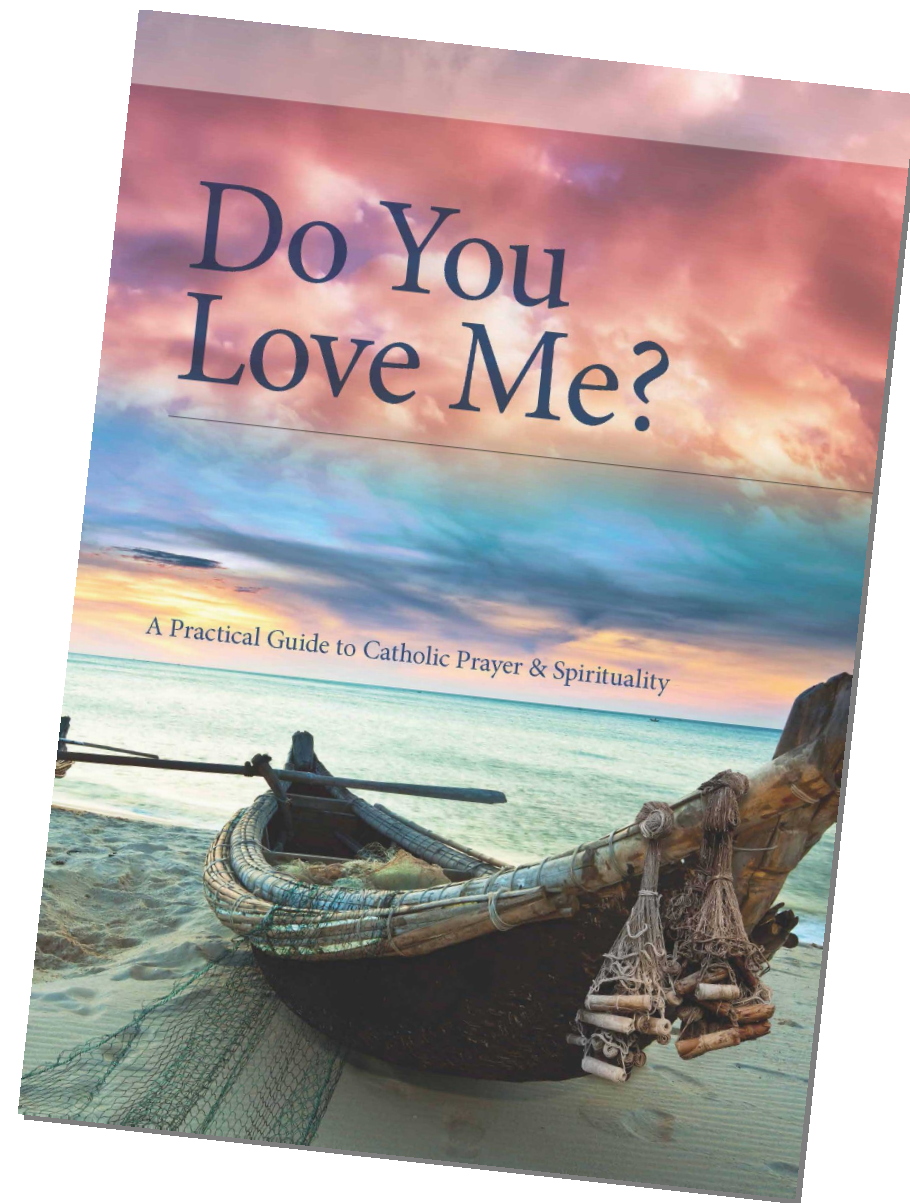
When using the book with groups, you might find it helpful to suggest that people read through the chapter before they come—not necessarily to do everything but to familiarise themselves with some of the wealth of ideas in the text. This would then allow you to summarise the text during the meeting.

You can also invite different people to read the various sections. This gives variety and helps people to feel involved. Ensure that your readers have the text and are able to prepare their text.

Do not be afraid of allowing times of silence. It can take people a couple of minutes to settle into it so do not be in a hurry to cut it short!



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Ideas for using the Bishops' Conference  
Document on Spirituality

“Do you love me?” was published in November 2014 as a response from Bishops’ Conference to an increasing interest in spirituality and seeks to offer a guide to some of the rich Catholic heritage of prayer and spirituality.

### Who is it for?

“Do you love me?” is designed to be used by individuals and groups. It aims to help people to link their life experience with the Gospel and to become increasingly aware of God working in and through their lives and so deepen their relationship with him.

### What is its format?

The book takes Chapter 21 of St John’s Gospel and uses it to guide readers through a series of reflections and introductions to various kinds of prayer. It has six chapters.

- **Searching**—the search for truth, meaning and relationship is God-given.
- **Recognising**—the person we are seeking is Christ.
- **Experiencing**—God uses the everyday as meeting places.
- **Conversing**—Scripture and Tradition are sources through which we enter into conversation with God.
- **Following**—our spirituality is both contemplative and apostolic.
- **Choosing**—Choice is integral to the spiritual life and part of an ongoing and deepening relationship with God.



### How could I use the book?

#### Individually

Each chapter of the book follows the same format.

- **Way in**—This offers a short introduction drawing on common life-experiences.
- **Inside the text**—a section of John 21 that links our story to that of Jesus.
- **Digging Deeper**—drawing on Catholic teaching on spirituality .

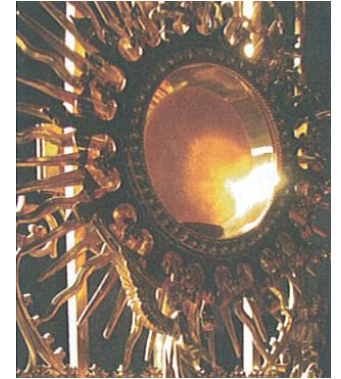
- **Inside out**—taking our reflections deeper.
- **Pray a Psalm**—a psalm chosen to reflect the theme of the chapter.

The sections in each chapter end with Reflect and Jot ideas—questions or thought to deepen your reflections. You can write or draw your insights.

### In groups

It is a good idea to set out a few ground rules about confidentiality. As some of the shared reflection might touch on personal matters, it is important that people feel secure in the knowledge that what they say will be respected and honoured.

The basic format is as for individuals . The Reflect and Jot sections become opportunities for people to share insights with each other. There is also an “All Together” section with ideas for discussion and shared reflection.



An outline for a group meeting lasting an hour and a half might look like this:

Way in	5 minutes
Inside the text	
Shared Reflection (“Reflect and Jot”)	10 minutes
Digging Deeper	
Shared Reflection	30 minutes
Inside out	10 minutes
All Together	30 minutes
Pray a Psalm	5 minutes