

### **Suggested Questions for Group Discussion:**

Perhaps going around the table once allowing each person to address the question at hand; then a second time to give feedback, ask a question, or add to your original share; this list of questions is far from being exhaustive and will surely increase over time:

-What are your expectations of this class?

-Were you able to find time to practice prayer this week? If so, how much time? At what time during the day?

-Did you practice prayer in the same place daily or did you change places? Did it make a difference? Have you created a space (icons, candles, flowers, statues etc.) in your home to practice prayer?

-What posture works best for you? What if anything continues to bother you? Have you tried several postures? (cushion, kneeler, small stool etc.)

-How have you managed with invading thoughts or an overactive imagination?

-Did you experience any pleasant moments during prayer? Any unpleasant moments?

-Have you noticed a change in your daily life resulting from the practice of silent prayer?

-God's language is silence, are you learning to understand him in the silence of the heart to heart?

-What is the treasure of Silent Prayer? What is the goal of Silent Prayer?