



## Opening the Ear of Your Heart Spiritual Conflict Resolution

### Overview

This two-night overnight retreat helps a group learn to live and work together as the body of Christ even if they hold opposing views on important issues. Through contemplative silence, creative engagement with Scripture, meditation exercises that draw upon the senses, deep listening and reverent speaking, the participants engage in discernment around a controversial issue that divides them.

### Intended Audience

Any group that yearns to work together in a God-centered way will find that this program provides helpful building blocks and deepens the bonds of Christian community. It is suitable for a governing board, a congregation, or church leaders on a regional or national level, especially if a controversy is looming.

### Summary of Content

This retreat first carefully cultivates an atmosphere of non-confrontation, openness, and mutual respect. Then participants enter into spiritual discernment around a question such as: "God, how can we live together authentically as the body of Christ, even as we struggle with sharply differing views on issues related to [liturgy/ church leadership/authority/sexuality/distribution of wealth/or any issue that is causing dissension]?" Those who take part leave spiritually fed and ready to help develop the practice of prayerful listening in the church.