



Session 1: Discerning Charisms

Keynote: Sherry Weddell

1. Have I encountered Jesus in the Word, Sacraments and prayer? Have I had my own experience of transformative encounter with Jesus? How did Jesus transform my life?
2. What gifts do I see in myself as a completely unique person?
3. Sherry explained that charisms:
 - Are focused outward (for the sake of others, to be given to others),
 - Bear results above natural abilities,
 - Are used long-term (whole life),
 - Manifest when faith becomes personal or when meeting the person/situation that needs that gift and
 - Are received from God (not self-chosen).

While actively being exercised, charisms:

- Are energizing, satisfying and joyful,
- Make you feel like you 'fit' (even in novel situations), and
- Feel prayerful, contemplative, in the presence of God.

Have I experienced God working in me *through a charism*?

4. Where have I witnessed redemptive healing through the exercise of a charism, in myself or in others?
5. What are some examples of societal transformations that have occurred because charisms were at work in cooperation with Christ's redemptive grace?
6. In the context of my ministry, where have I seen the evangelizing effects of charisms? (These effects may have removed impediments to faith in God, restored trust in God, encouraged the opening of lives to God, revealed Christ to others and led others to Christ.)

For more information on charisms please see [the Catechism of the Catholic Church, paragraphs 799–801](#).