

# Practicing Jesus' Way: Listening Together

*"God has spoken. God is speaking."*

## **Preparation**

### **Begin with a few moments of silence and prayer.**

Become quiet in the presence of God. Express your desire to hear directly from God. Allow your busyness to settle down until there is quiet & peace in your soul.

### **Read (or listen to) the chosen passage four consecutive times.**

Each time ask yourself a different question. These questions come from your heart; don't force them. Follow each reading with 2 minutes of silence.

## **"Take a Bite."**

### **Read the passage the first time.**

Listen for a word, phrase, or detail that strikes you or stands out. The mood is calm, gentle, and reflective. After the reading, spend two minutes quietly with God holding it in your mind, possibly repeating to yourself the phrase, but without trying to figure out what it means or why it was given.

- After 2 minutes, briefly share: *What word, phrase, or detail stands out from all the rest? What causes a sense of resonance or resistance?*

## **"Chew on it."**

### **Read the passage a second time.**

Reflect on how this passage speaks to your life. If the passage is a story, imagine experiencing this story as if you're within it. As you're quiet for 2 minutes following the reading, stay present with God and receive from Him whatever comes from this reading. Then, briefly share with each other:

- *What is it in my life that needed to hear this? What in my life is God entering into with me? What feeling and emotions am I experiencing as God with me in this place?*
- If the passage is a story: *Where am I in the story? What am I experiencing as I allow myself to be in this story?*

## **"Savor it."**

### **Read the passage a third time.**

Open yourself to God's presence with you - either in your life situation or within the story. Open yourself to God's goodness and love and presence. Lower any barriers within yourself that have kept God at a "safe" distance. Be fully *with* God in the silence following the reading. Rest safely and confidently in his presence. Following the quiet, briefly share with each other:

- *What does it mean to you to have God entering into this place with you? How does God's presence change things? What is God's invitation for renewal and transformation?*

## **"Digest it."**

### **Read the passage the fourth time.**

Receive God's presence and what he is speaking. Let it become part of you. Respond to God in whatever prayer comes naturally. Allow it to flow freely in the two minutes following the reading. If the reading has touched on a place of pain, frustration or anger, pour out these feelings in the safety of this moment. If you were overwhelmed by God's love or goodness, express your gratitude and soak in the moment. Finally, consider how what you have read and heard is to be lived out and invite God to be with you as move forward together with Him.