Listening Hearts 2

Session 1: Reconnecting

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Practice using Zoom ahead of time if needed
- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
with Palms Down, Palms Up
Listening Groups
Closing Prayer

Session Questions

- *Check In:* On a scale of 1 to 10, how have you been since we last met? Tell us about one key thing that happened.
- What are your hopes for the next few months? For the next few years?
- What things make you anxious? How do you manage that?

Listening Hearts 2

Session 2: Connect Through Scripture

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Listening Groups
Praying Scripture

Session Questions

- *Check In:* Share one high point and one low point since we last spoke.
- Talk about a time when God spoke to you through a particular Scripture. What was the verse? What did God say to you?
- Looking back over your life, what period has been the most spiritually fruitful? Why do you think that was?

Listening Hearts 2

Session 3: Hearing God Speak Through Scripture

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Lectio Divina
Listening Groups
Praying for Each Other

Session Questions

- *Check In:* What is something you are grateful for today? What is difficult for you right now?
- What questions do you have about learning to hear from God personally?
- What intrigues you about this subject?

Listening Hearts 2

Session 4: You Have Heard God Speak

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Lectio Divina
Listening Groups
Praying for Each Other

Session Questions

- *Check In:* What has God been doing in your life?
- What ways has God used to speak to you? List as many ways as you can.
- Take turns explaining how you have heard from God in the same way others have.

Listening Hearts 2

Session 5: Being Led by God

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
with Palms Down, Palms Up
Listening Groups
Praying for Our Leaders

Session Questions

- *Check In:* What is one area where you feel you need God's guidance right now?
- Describe a time you experienced direction from God. What helped you see it was from God?
- Describe a time when you think you may have missed God's direction.
- How can becoming a better listener help you become a better follower of God?

Listening Hearts

Session 6: Learning by Questioning

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Listening Groups
Prayer for Illumination
Listening Hearts Companions

Session Questions

- *Check In:* Share one opportunity that presented itself to you recently.
- What is one question of faith you have always wondered about?
- At what point in your life was your faith strongest? Why do you think that was?
- How has God's word been a light to your path? How are you wanting light for your path today?

Listening Hearts

Session 7: Meditating on Scripture

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Listening Groups
with Scripture Meditation
Prayer for God's Presence

Session Questions

- *Check In:* Share one Bible verse you read that spoke into a situation in your life this week.
- Scripture Meditation
  - Repeat a phrase that stands out to you silently, emphasizing a different word each time. What do you notice?
  - If God wrote a note to you based on this phrase, what would it say?

Listening Hearts

Session 8: Peer Spiritual Formation

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- Silence devices and use headphones where possible
- Log in early to check for technical difficulties

How to Participate

- Listen well
- Share discussion time
- Be kind and courteous
- Respect others' boundaries
- Limit distractions
- Maintain confidentiality

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Peer Spiritual Formation
Listening Groups
Prayers of Blessing

Session Questions

- How have the spiritual practices introduced in our sessions deepened your relationship with God? Which one(s) will you continue to practice?
- Has God brought someone to mind who would benefit from the spiritual practices you've learned?
- Share how you've been blessed by others in the group.