Listening Hearts 2

Session 7: Meditating on Scripture

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

Silence Practice

"But you are not like that, for you are a chosen people.
You are royal priests, a holy nation, God's very own possession.
As a result, you can show others the goodness of God,
for he called you out of the darkness into his wonderful light.
'Once you had no identity as a people; now you are God's people.
Once you received no mercy; now you have received God's mercy.'"

1 Peter 2:9-10 (NLT)

SHARING PROCEDURE

- Read the question aloud.
- Let one person answer while the others listen without comment.
- The whole group pauses. Take a few deep breaths. Let what that person said sink in.
- Let one or two people ask a question to expand or clarify. Be aware if a Scripture comes to mind. This could be God speaking to you. Share that gently with the group.
- Invite the next person to answer.
- Continue until everyone has had a chance to answer the question while others listen, pausing briefly to listen to God each time.
- Repeat these steps for each question.

THE PLAN

- *Check In:* Share one Bible verse you read that spoke into your life this week.
- Share your answers to the questions for this session.
- Pray to invite God into your lives 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?