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?