Listening Hearts 2

Session 1: Reconnecting

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

Silence Practice

"Turn all your troubles over to him,
because he cares for you
and is watching over you."

1 Peter 5:7 (WE)

Palms Down, Palms Up

Sometimes doing something physical can help us make an equivalent spiritual change. This ancient practice is designed to help us release our worries to Christ.

1. Close your eyes and hold your hands out in front of you with your palms facing down. Silently name the fears, frustrations, and burdens you are carrying one by one. Perhaps there is someone you are worried about. Perhaps you have a relationship in conflict. What is causing you stress?
2. As you name each item, pray to release it ("Lord, I entrust my child to you. I give you my fear about this medical appointment."). Imagine God's hands held out and ready to receive what you are letting go.
3. Then slowly turn your hands over. With palms up, pray to receive whatever God has for you. Sit quietly for a minute or two.

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.
- Invite the next person to answer.
- Continue until everyone has had a chance to answer the question while others listen, pausing briefly after each one.
- Repeat these steps for each question.

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THE PLAN

- *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.
- Share your answers to the questions for this session.
- Practice Palms Down, Palms Up with the burdens the group just shared.

THE QUESTIONS

- What are your hopes for the next few months? For the next few years?
- What things make you anxious? How do you manage that?