Listening Hearts 2

Session 5: Being Led by God

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

Silence Practice

"Since you are my rock and
my fortress, for the sake of
your name lead and guide me."

Psalm 31:3 (NIV)

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.
- 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:* What is one area where you feel you need God's guidance right now?
- Share your answers to the questions for this session.
- Pray for leaders in your church, workplace, government, etc.

THE QUESTIONS

- 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?