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?