Listening Hearts 2

Session 8: Peer Spiritual Formation

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

Silence Practice

"Because you have these blessings, do your best to add these things to your lives: to your faith, add goodness; and to your goodness, add knowledge; and to your knowledge, add self-control; and to your self-control, add patience; and to your patience, add service for God; and to your service for God, add kindness for your brothers and sisters in Christ; and to this kindness, add love."

2 Peter 1:5-7 (NCV)

Principles for Peer Spiritual Direction

As the other person speaks, keep these things in mind:

- *Notice* any memories or feelings of your own that could distort your thinking.
- Is there a *question* that could bring out more of their story?
- Is there a *verse or phrase* that God seems to be bringing to mind?
- *Test* that verse or phrase.
- O*ffer* the verse or phrase as a possibility.
- *Give* the other person a chance to think briefly and respond.

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

- Share your answers to the questions for this session.
- Share how you've been blessed by others in the group.
- Pray blessings for each other.

THE QUESTIONS

- How have the spiritual practices introduced in our sessions deepened your relationship with God? Which one(s) will you continue to practice?
- Has God brought someone to mind who would benefit from the spiritual practices you've learned?