Listening Hearts 4

Session 1: Strengthening Our Core

Reminders

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

Silence Practice

Visio Divina

- Open in prayer
- Slowly read Matthew 10:42 as you meditate on the picture
- Observe a few minutes of silence, reading the verse at least one more time
- Close with a quiet “Amen”
- Ask, “What came to mind as you looked at the picture?”

Missional Focus: Mission as Worship

- *Mission from the core outward:* We want our mission to be built upon continuing encounter with God. In other words, we don't graduate from spiritual formation to do mission but, rather, mission flows out of communion with God.
- *Mission as worship:* We offer love to others as an intentional, conscious act of worship to God. Jesus identifies so closely with people who are hurting that he says what we do for them, we do for him (Matthew 25:40).
- *Holistic mission:* Rather than being compartmentalized, we are consistend and integrated in who we are, what we say, and what we do. We proclaim a gospel of righteousness that has implications for all of life.

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 the others listen, pausing briefly after each one.
- Repeat these steps for the next question.

THE QUESTIONS

- On a scale of 1 to 10, how have you been since the last time we met?
- What has been the most significant thing in your spiritual life since we last met?
- Reflecting on today's *Visio Divina* spiritual practice, what quality or characteristic of God do you want to fill your life?
- As you respond to God's love by loving others, what do you want to ask God for to help you love people like he does?

Mission Assignment

- Pray together now and pray for each other until your next session.
- Spend some time reading and meditating on Matthew 10:42.
- Take some deliberate time for silence without any distractions and invite God's presence. If possible, try to spend at least five minutes in silence each day until you meet again.