Listening Hearts 4

Session 5: Inviting God's Healing

Reminders

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

Silence Practice

“Praise the LORD, my soul, and forget not all his benefits -- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.”

Psalm 103:2-4 (NIV)

Jesus: “What do you want me to do for you?”
(Mark 10:51, NIV)

- Meditate on Jesus’ question for 1-2 minutes
- Spend 3-4 minutes silently responding to Jesus in prayer

Missional Focus: Reflective Listening

When we listen to others, what are we paying attention to? Do we listen without surprise or shock? Are we slow to speak? Do we allow space for God to speak?

Here are some examples of positive ways to reflect back what we are hearing:

- "I heard you use this word several times."
- "I hear excitement/frustration/etc. in your voice."
- "I hear you asking a lot of questions."
- "This particular phrase stood out to me."
- "Can you tell me more about what you meant when you said...?"

Try using these and similar phrases to flect what you hear others saying this session.

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.
- Practice reflective listening by reflecting back what you heard the person say and allowing them to respond.
- 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

- You may need healing in one or more aspects of your life (physical, emotional, spiritual, relational, etc.). Share your desire or hope for healing as you feel comfortable.

Pray Together

- Pray for healing for one another based on the areas where you would like to see healing in your lives.

Mission Assignment

- Look for Scripture verses about mission.
- Choose one that especially resonates with you as something you want to ask God to do through you. Write the verse on a card and bring it to the next session.