Listening Hearts 4

Session 2: Making Room

Reminders

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

Silence Practice

“You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures
forevermore.”

Psalm 16:11 (ESV)

Missional Focus: Sabbath

- Read and reflect on Genesis 2:2-3
- Share your answers to these questions:
  - What blessings do you receive from rest?
  - How can you make more time for holy rest?

Missional Focus: Sabbath

"The point of the Sabbath was (and still is) to honour the body's need for rest, the spirit's need for replenishment and the soul's need to delight itself in God for God's own sake. It begins with the willingness to acknowledge the limits of our humanness, taking steps to live more graciously within the order of things -- and the first order of things is that we are creatures and God is the creator. God is the only one who is infinite. I am finite which means that I live within the physical limits of time and space and the bodily limits of strength and energy. There are limits to my capacities relationally, emotionally, mentally and spiritually. I am not God. God is the one who can be all things to all people. God is the one who can be in two places at once. God is the one who never sleeps. I am not." -- Ruth Haley Barton

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

- What is your experience of Sabbath? What do you long for from the God of the Sabbath?
- Where could you pare down your schedule to reduce stress and create margin to reach out to other people?

Pray Together

Pray that God would begin to align your hearts to his, to open your eyes to what he is doing around us, and how we can join him in his mission. Use Matthew 6:31-34 (NCV) to guide your prayers:

"Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' The people who don't know God keep trying to get these things, and your Father in heaven knows you need them. Seek first God's kingdom and what God wants. Then all your other needs will be met as well. So don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own."

Mission Assignment

- Spend some more time this week reflecting on Genesis 2:2-3. Think of a role you play in your life (employee, parent, friend, child, volunteer, etc.). Do you feel anxious or stressed in that role? How could Sabbath transform your approach to that role?
- Write down the elements of a typical service at your church. Begin to think about how a newcomer might see it or experience it. Write down your observations.