Listening Hearts 4

Session 1: Strengthening Our Core

Objectives

- To improve our ability to hear God
- To encourage each other with what we hear
- To practice being missional in daily life

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 *Visio Divina*
Missional Focus
Listening Groups
Prayer & Mission Assignment

Session 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?
- 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?