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?

Listening Hearts 4

Session 2: Making Room

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

- Complete this week's mission assignment
- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Mission Assignment

- Pray for the people in your listening group.
- 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.

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Missional Focus
Listening Groups
Prayer & Mission Assignment

Session 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?

Listening Hearts 4

Session 3: Developing Awareness

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

- Complete this week's mission assignment
- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Mission Assignment

- Spend time this week reflecting on Genesis 2:2-3. Think of a role you. play in your life. Do you feel anxious or stressed in that role? How could Sabbath transform your approach?
- 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.

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Missional Focus
Listening Groups
Prayer & Mission Assignment

Session Questions

- How was your experience of Sabbath last week? How could Sabbath inform your approach in your life roles?
- What are some observations of your church service? How would you describe your church's culture?
- What good things might a newcomer notice about your church? What might confuse them or make them uncomfortable?

Listening Hearts 4

Session 4: Learning to See

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

- Complete this week's mission assignment
- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Mission Assignment

- Research ethnocentrism. Consider how it might affect how we relate to those outside the church.

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
with Gospel Contemplation
Missional Focus
Listening Groups
Prayer & Mission Assignment

Session Questions

- What did you discover about ethnocentrism? Have you noticed yourself (or others) behaving in a way that favours a particular culture at church or in society?
- What might God be bringing to your attention as you see and relate to others? Was there anything new that you realized?
- How can you apply this in your own life?

Listening Hearts 4

Session 5: Inviting God's Healing

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

- Complete this week's mission assignment
- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Mission Assignment

- As you move through your week, ask God to help you look beyond the surface of a difficult person to see their true spiritual need. Pray about the situation and how God wants you to respond.

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
with Meditation on Mark 10:51
Missional Focus
Listening Groups
Prayer & Mission Assignment

Session Questions

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

Listening Hearts 4

Session 6: Understanding Cultural Change

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

- Complete this week's mission assignment
- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

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.

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Missional Focus
Listening Groups
Prayer & Mission Assignment

Session Questions

- How does your particular culture affect your worldview and the changes you see happening in your culture? What are some positives and negatives about the changes you see?
- How does the verse that you chose about mission relate to how you respond to today's cultural changes?

Listening Hearts 4

Session 7: Stretching

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

- Complete this week's mission assignment
- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Mission Assignment

- What is hospitality? Where is it currently present in your life?
- Read Hebrews 13:2. Spend some time quietly reflecting on this verse.
  - How does God show hospitality?
  - What is God inviting you to? What is your response?
  - How does your hospitality become missional?

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Missional Focus
Listening Groups
Prayer & Mission Assignment

Session Questions

- Jesus had no home but he was hospitable. How does God show hospitality?
- Do you have relationships with people outside the church? If yes, how might you extend hospitality like Jesus did? If not, how might you begin to develop a relationship with someone outside the church?
- Do you sense God inviting you to extend hospitality in some way or to someone in specific?

Listening Hearts 4

Session 8: Carrying God's Presence

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

- Complete this week's mission assignment
- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Mission Assignment

- If you were sensing God inviting you to extend hospitality, take some steps this week to practice being hospitable. Remember to use cultural awareness and reflective listening as you interact with others.
- Recall the mission verse you chose in Session 5. Be prepared to read it during our next session.

What to Expect

Welcome
Opening Prayer
Reminders
Silence Practice
Listening Groups
Consecration & Prayer

Session Questions

- Did you practice hospitality during the week? How did it go?
- What did you learn? What worked? What didn't work? Were there any barriers to getting started?
- What steps could you take next?
- Describe how you intend to carry God's presence with you going forward. How has your sense of mission changed or developed during these sessions?