

Listening Hearts

Session 1: Who Am I?

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

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
Listening Groups
Closing Prayer

Session Questions

- Share with each other the story of how you came to Christ.
- Share a favourite Bible verse. What stands out to you about it?

Listening Hearts

Session 2: What is in My Soul?

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- 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
Listening Groups
Closing Prayer

Session Questions

- *Check In:* Share one high point and one low point since we last spoke.
- Where/how would you like to grow in your relationship with God?
- Describe a time in your life when you felt especially close to God.

Listening Hearts

Session 3: Am I Growing Spiritually?

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- 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
Listening Groups
Praying Scripture

Session Questions

- *Check In:* Choose one word to describe your life since our last session and explain why you chose that word.
- Where do you see spiritual fruit in your life?
- Where are the growing edges where God is inviting you to stretch?

Listening Hearts

Session 4: What is in My Way?

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- 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
Listening Groups
Prayer for Peace & Freedom

Session Questions

- *Check In:* What has God been doing in your life?
- What barriers are there in your life with God?
- What past experiences continue to affect your spiritual life or make you overly reactive to others?

Listening Hearts

Session 5: Lord, Increase My Faith

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- 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
Listening Groups
Closing Prayer

Session Questions

- *Check In:* What is the strongest emotion you felt since our last session? What caused it?
- Tell about a time you felt especially close to God.
- How has God used your mistakes or failures in life to help you grow closer to him?

Listening Hearts

Session 6: I Appreciate You, My Friend

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- 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
Listening Groups
Praying Scripture

Session Questions

- *Check In:* Share one time you saw God active in your life since our last session.
- Imagine yourself and your life if you had never accepted Christ.
- How are you different from what you were 5 years ago?
- In what ways would you like to be different 5 years from now?

Listening Hearts

Session 7: Aiming for Transformation

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- 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
Listening Groups
Praying Scripture

Session Questions

- How have you experienced God's freedom from something that used to weigh you down?
- Talk about an area in your life where you see God is transforming you into the image of Christ.

Listening Hearts

Session 8: Spiritual Formation

Objectives

- To practice listening to one another
- To get to know God, others, and ourselves better

How to Prepare

- Review and reflect on the session questions
- Decide what you'd like to share with your listening group

Before Logging In

- 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

Listening Groups

Examen

Prayers of Blessing

Session Questions

- What has God done in your life during these sessions?
- In what areas does God want you to grow next?