**Listening Hearts 2:
Hearing God and Encouraging One Another**

Listening Hearts 2 focuses on improving our ability to hear God and learning how to encourage each other with what we hear. If you haven’t completed Listening Hearts 1 yet, we recommend you start there to cultivate spiritual friendships and practice listening well to others and to God.

During Listening Hearts 2, we will build on the spiritual formation practices we learned during Listening Hearts 1 – silence, praying Scripture, and the ancient practice of *Examen* – and try a few new ones:

* Palms down, palms up
* *Lectio Divina* (“Divine Reading”)
* Meditating on Scripture

We will also introduce the principles of peer spiritual direction that we will apply during Listening Hearts 3.

Listening Hearts 2 has eight sessions of 90 minutes each. We will follow a similar format to Listening Hearts 1: listening to one another, considering a few Bible verses, and praying together each week. We’ve added an extra session at the end to evaluate the program.