

# PRACTICE LISTENING

How and when will you will engage the practice this week? Choose one to focus on or try out several. How does listening help you listen for the Spirit, love God and others, and be more like Jesus?

“Just as love to God begins with listening to his word, so the beginning of love for the brethren is learning to listen to them....Many people are looking for an ear that will listen. They do not find it among Christians, because these Christians are talking where they should be listening. But he who can no longer listen to his brother will soon be no longer listening to God either; he will be doing nothing but prattle in the presence of God too.

” ~ Dietrich Bonhoeffer

## LISTENING PRACTICES

- **Listen to God in prayer** - When you pray, spend more time listening to God rather than speaking. Go somewhere quiet. Read a psalm. Be silent. Let the Holy Spirit work on your heart.
- **Reflect** - Who do you listen to? How do you listen well?
- **Examen** - go back to the Prayer Faith Practice page and follow the directions for Examen. Daily Examen helps us listen for God's voice in the midst of our lives.
- **Be Quiet** - How can we who have privilege quiet our own voices and listen to the voices of those who are marginalized? What are we reading or watching, who are we talking to that can help us better understand others? There is a time to speak out, but not before intentional listening.
- **Tech Sabbath** - intentionally go without technology to make space to listen to God. Disconnect for a determined amount of time.
- **Listening Skills** - make an effort to be a better listener: 1) pay attention 2) withhold judgment 3) reflect 4) clarify 5) summarize 6) share
- **Listen to Music** - Choose a few songs that make you reflect on life and consider how God may be speaking to you through the lyrics.
- **Consider Another Perspective** - Listen to someone you don't agree with. Listen not to change their mind, but to better understand their perspective.
- **Be Still** - be intentional about finding pockets of silence in your daily life.