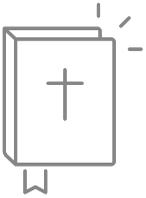


LISTENING

As a faith practice, listening involves training ourselves to recognize God's voice (John 10:1-6) in the midst of all the other voices calling for our attention. It involves learning to be fully present in the moment, setting aside distractions that keep us from attending to and responding to God's presence around us.

READ



Engage these Scriptures using the Lectio Divina method this week:

- Isaiah 55:3, 10-11 - listening to God
- Psalm 116:1-2 - God listens to you
- James 1:19 - listening to others

WONDER

Use these prompts as a starting point for journaling or drawing your wonderings on listening in the space below.

- Are you comfortable with silence? Why or why not, and what effect does that have on your spiritual life?
- How much space? What does it feel like to be listened to deeply? Who listens well to you? Who doesn't? Whom do you listen to?
- How can you include more silence into your day for the purpose of "giving ear" to God?

