

Individual Listening Prayer Experience

Instructions (10 Minutes)

- Entry posture – humble, open, at ease
 - Entrust yourself to the Jesus and use Samuel's words "Speak, LORD, for your servant is listening." 1 Sam. 3
- Listen
 - Bring a ministry or personal area before the LORD on which you would like to hear from God. It should be a real concern or need. But remember, God may speak to you about something else entirely! He is LORD and knows what you need in this time.
 - Don't be too concerned with how God speaks. Just be attentive to God.
 - What comes to mind? Is there a word, image, impression, Scripture that comes to you? Or do you hear God's voice?
 - Hold what you've experienced in open hands.
 - Don't grasp it as though it is yours. Remain humble, open, and at ease.
 - Continue to listen and reflect on what you've experienced. If time, ask God if there is more for you to hear.
- End – Thank Jesus for the care and kindness he has shown you. Continue to hold the word lightly.
- If you don't receive anything – it's ok. God has been generous to give you the silence and has been present with you in it, whether you've sensed the Presence or not. The old writers call something like this experience communion. This is like an old married couple who can sit comfortably in silence with full awareness of their love and appreciation of one another.

Listening Time (30 Minutes)

- Enter to an awareness of God's presence and move to openness in the presence of the Trinity. Then be quiet and listen.

Share the experience (10 Minutes)

- Meet in pairs or triples and talk, briefly about what happened for you and what you heard. If it is too much to share at this point, feel free to say so and listen to your partner(s).

Debrief (7 Minutes)

- Briefly share in the large group your experience, observations, and learning points.

A Look at Resistance (7 Minutes)

- On problems or resistance while listening - Things that interfere with hearing.
 - Fear - "What if I don't hear anything? What does that say about me? God?"
 - Distraction - my head is a noisy place! Be kind to yourself and as best you can let the pesky thoughts go by.
 - Doubt/Insecurity - God doesn't care enough to speak to me.
 - Demandingness - "God had better speak or I'm going to be really angry!"
 - Avoidance - a personal reluctance to be with God. This could be caused by any of the previously mentioned problems, or if we are aware of sins that we're holding on to.