



“LISTENING PRAYER”

“Be still and know that I am God.” Psalm 46:10

Listening prayer enables us to deepen our relationship with God through meditation on His Word. In the silence we let go of ourselves and allow room for God to speak to our lives. Having listened to His Word, we may then offer up our confession, thanksgivings, and petitions. This practice may be done individually or within a group.

Begin by asking God to speak to you through His Word. You may want to use the following prayer. O blessed Lord, who caused all Holy Scriptures to be written for our learning, grant us so to hear them, read, mark, learn and inwardly digest them, that we may embrace and hold fast the blessed hope of life everlasting, which You have given us in our Savior, Jesus Christ. Amen.

Read the text you have chosen.

Focus on a word, phrase, or person that draws your attention. (Share this if you are in a group)

Read the text a second time.

As you continue to focus on that word, phrase or person, are there feelings or memories that come to mind? Continue to ask God to speak to you in His Word. (Share if you are in a group)

Read the text a third time.

Where does this passage touch your life today? What do you hear God saying to you? What do you believe God wants you to be or do? Is God asking you to change? (Share if you are in a group)

Having listened to God's Word, continue the conversation by offering up your personal petitions and thanksgivings. End by thanking God for this time of prayer.

Note: If this form of prayer is used in a group, it is important that individuals do not comment on one another's sharing, but simply listen and hold them in prayer.

Note: This is a wonderful form of praying through the agenda of a meeting. It helps to keep the focus on the work that God is calling you to be about. It shapes the conversation in the Word. Make time as you approach major items in the agenda, or points of business, to stop, focus on a section of Holy Scripture and follow the above pattern. As you reflect for the third time, think of this:

What is it about this passage that connects to our work in this place? How do these words from Holy Scripture shape my thinking? What would God want us to do? How is God calling us to serve?

“Mary treasured all these words and pondered them in her heart.” (Luke 2:19)

