

# Practice of Listening Prayer:

Listening prayer is about growing the "muscle" we use to hear God. It can be helpful because in a group setting, themes sometimes come up which can help us discern what God might be saying. You can also practice listening prayer on your own.

God wants to speak to us and when we set time aside to try and listen we can trust God whether we hear anything in that prayer session or not.

- Grab a journal or something to write with.
- Pray and ask for God's spirit and presence to be felt and to break down any walls that might hinder hearing from God.
- Set a timer for 3-6 minutes (could be longer if you have time, but even this short you may be amazed what you will hear!)
- Write down whatever comes to your mind - it might be a picture, a phrase, a song, a color, a scripture or a song lyric. The point is to trust that God knows how to communicate in a relevant way to each person, there may be something God wants to reveal later, even if at first it feels silly or insignificant.
- Pray asking if there is anything deeper God wants to show you right now in this time.
- Close with a prayer like, "God, I trust that you know how to speak to me and I ask that you would help me discern what that I heard is from You, and what isn't."

You can practice this with others by taking turns listening on behalf of each person for several minutes and then sharing what you heard.