



LNPC Holy Listening Groups

This is a communal spiritual practice of holy listening with love that goes in 3 directions: listening to the other/s, listening to what is stirred within ourselves, listening to the Spirit. We are here to hold space for one another in God's presence. We do this by:

Waiting for God together.

Accompanying each other in the presence of God.

Receiving God right here with us; ***receiving*** each person and their story.

Beginning:

Attune ourselves to the silence, waiting in the presence of God. Try to let go of ourselves and focus all our attention on the person we are receiving with an open heart.

Listening:

Listen into their story for the movement of the Holy Spirit.

How might we "hear" the Holy Spirit in their story?

- Are there themes or phrases they return to?
- Is there a moment when emotion was raw?
- Does an image or word arise in us?
- Imagine holding them up to God as we listen.

Receiving and Responding:

- **Let the silence communicate our hearing them.** Receiving doesn't mean responding. It's OK – *often even preferable* – to not respond verbally. Simply hold what they said in God's love.
- **Do not share advice, stories from our own lives, or times we've been in similar circumstances.** This kind of sharing is great – *it's for another time*. When in doubt, do not speak.
- **Pause before speaking.** Lift what we wish to say to God first – ask God to lead our speaking.
- **If we speak, simply share what we noticed**, such as where there was emotion, where we heard them articulate insight, how it felt for us to receive them, what we heard them notice in their own story, or where we saw God's hand in what they shared.
- **If we had an image or phrase, share it without elaborating or interpreting.** Let them discern (here or later) what it might mean or whether/how it may be helpful.

Ending:

The session will end in prayer. As the facilitator prays aloud, each member releases one another into God's care.

Shifting Gears: Release our role of holy listener and resume our role as friend.

Following Up:

Each of us sets the parameters for the confidentiality we would like around what we shared. We will communicate whether or not we're open to talking about our circumstances in other contexts outside of the holy listening groups.