

Holy Listening

*Hearing and Responding to
God's Voice*

We long for a word from God, yet how hard it is for us to believe that God could or would speak to us today! We get up in the morning, go to work, come home and fill our evenings with activity before going to bed. It is a routine that is so familiar, perhaps too familiar, that we cannot perceive the voice of God in the everyday. Yet the Psalmist says, "*The heavens declare the glory of God.*" And Jesus says, "*If anyone has ears to hear, let him hear.*" Could it be that God is showering us with messages — messages meant for us — but they simply go right past us? The truth is God DOES speak and he longs for us to hear his voice! This menu of workshops will help you focus on how to make space for God, how to recognize and hear his voice, and how to respond to what we hear. Pick one, or a variety of topics to create a day designed especially for your group.

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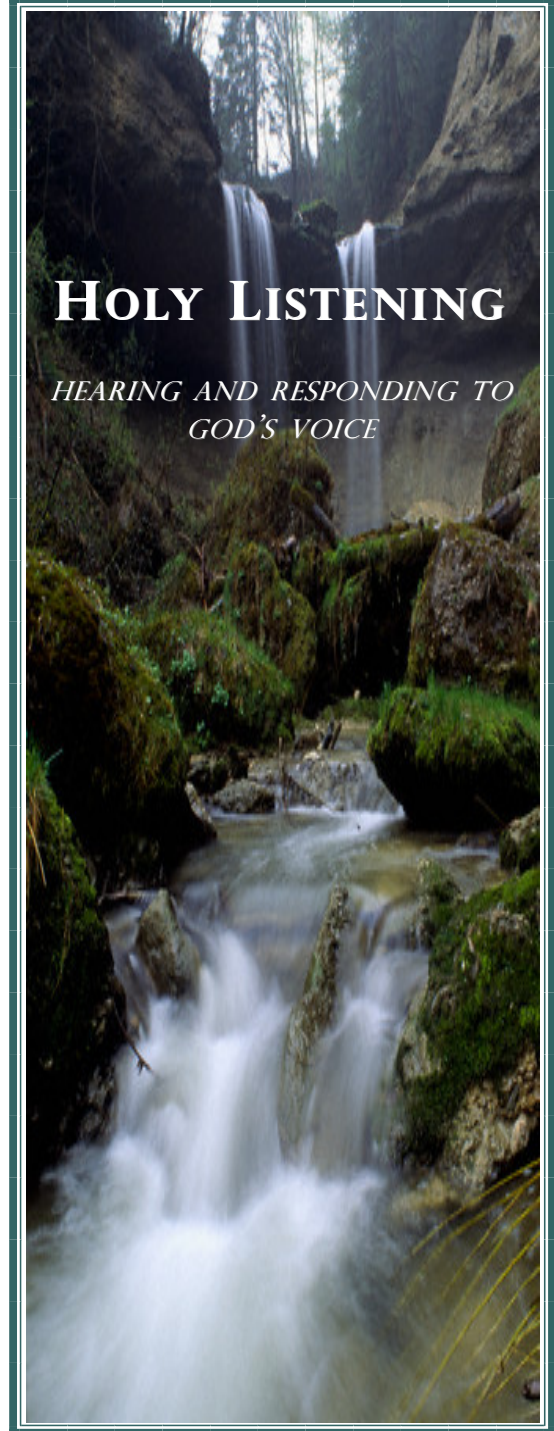
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SPIRITUAL PRACTICES

Individual Spiritual Direction

God's greatest call to us and our deepest desire is to *"Love the Lord your God with all your heart and with all your soul and with all your mind."* Yet the question that often arises is, "How do I do that?" For centuries Christians have sought the answer through the practice of spiritual direction—a one-on-one relationship with another Christian to help you engage with God on a more intimate level and walk with you as you navigate your spiritual journey. This workshop will introduce you to spiritual direction, where it can be found, and help you discern if this is something that may benefit your spiritual growth.

Group Spiritual Direction

Do you ever wonder if you are hearing from God or if it is your own thoughts? Many Christ-followers today are growing in their ability to speak with God but are unsure how to begin to listen or experience how God is speaking to them in their daily lives. Through group spiritual direction, Christ-followers, new or mature, will bring a deeper understanding of the Word. The group will experience meaningful fellowship and yield long term friendships by hearing life stories, receiving discernment and clarification from the Holy Spirit.

Ignatian Prayer

Prayer is considered one of the primary places to hear and respond to God's voice. Yet often prayer leaves us disappointed on both accounts. Ignatian prayer is an ancient form of prayer practiced by Christians that can be useful in making a more personal connection with God. Using Scripture and our holy imaginations, Ignatian prayer guides us to a personal encounter with Jesus Christ through the biblical narrative. This workshop will also look at the practice of "Examen," a way of noticing God in the circumstances of our daily lives.

Praying the Scriptures

The Father's desire is for us to be able to offer more of ourselves and our relationships to Him and to accept the embrace that God is continuously extending to us in the person of His Son, Jesus Christ. Praying the Scriptures, also known as Lectio Divina, presents a Christian tradition of prayer that through reading, reflecting, responding and resting in the Word of God one's love relationship with God is nourished and deepens. The goal of this workshop is to help you develop a practice of reading for formation rather than information. Formational reading requires time to become still, to relinquish, to let go of your life in the presence of God.

Centering Prayer

All too often we assume we know God's desires for our life. Centering prayer allows us to listen with the ears of our heart and discover what God's prayer is for *us*. By focusing on a scriptural word or phrase, centering prayer allows us to experience an awareness and deepening of God's presence.

Sabbath

God created us to have a rhythm of rest, but society has taught us that it is better to do anything than to do nothing. In order to keep balance in our lives, a rhythm of Sabbath is necessary for the rest God created us to experience. This workshop will help us to be able to keep Sabbath in the midst of our busy lives.

Retreat

Retreat is an escape into the quiet arms of God. Whether it is 10 minutes, a weekend or longer it allows us to back away from the busyness of life. God wants to lavish love and amazing grace on each of us.