

# CALLED TO LISTEN

— in the quiet of our hearts we can listen to God —



In the quiet of our hearts we can listen to God.  
May we never lose sight of what lives in the silence.

In this session we will look at the value of silence and how important it is for us to stop and reflect. It gives us an opportunity to understand what is happening to our lives, our society and the planet.

This starts with making time for silence, for meditation and prayer, and *stripping away distractions* that can stop us from listening to where God is calling us.



## Reflection

“ You have created us for yourself, Lord,  
and our hearts are restless until they find their rest in you  
- St Augustine ”

Why do people pray?

What do you think St. Augustine meant by this quote?

Why is prayer important?

How do you feel about silence?

At what point in your life/day do you pray?

If you are taking part in this activity online or in person, spend some time sharing your thoughts with those in your group and listening to how they have found this time of lockdown.

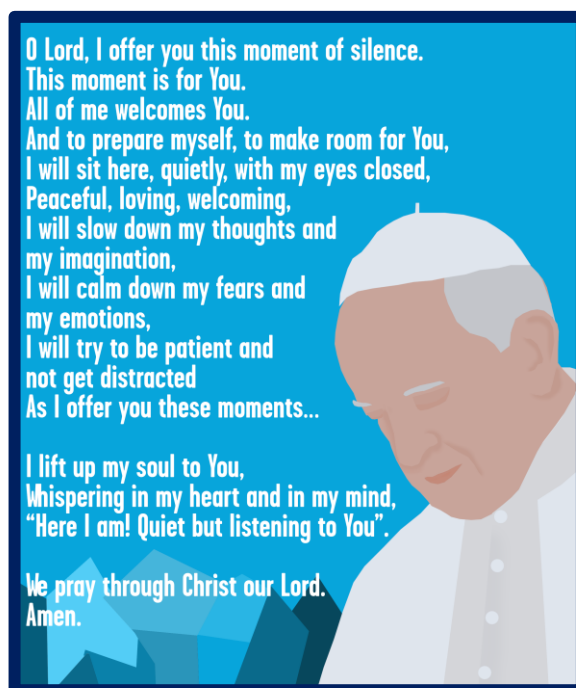
## Reflection

Take a moment to watch one of the following video clips:

- As one friend speaks to another - Christ is Alive: <https://www.youtube.com/watch?v=2x5G0RdrPhc>
- Silence is Your Friend - Isolation Poem: <https://www.alonetogether.org.uk/post/the-silence-is-your-friend>
- How to Find Silence:: <https://www.alonetogether.org.uk/post/how-to-find-silence>

After watching the video take a moment to say the below prayer and then sit in silence and let your mind rest. Listen to your breathing. Imagine God looking at you with great love. As you imagine God's loving gaze on you, remember that right now you *are* in God's presence and for all that we are, our hopes and dreams, our flaws and insecurities, He *wants* you to be alive and that we all belong to His kingdom.

## Prayer:



## Discussion Questions:

Why is prayer important?  
How do the people in the video pray?  
What are your distractions?  
What can you take away from the video you watched?  
What are you willing to sacrifice for God? What would you want in return?

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