

## Seeking God Together Session 2

Gathering Time (5 min)

Guidelines: You are invited to be contemplative, open and humble.

Centering Time (10 min) Guided Meditation: Generous Wisdom (page 135)

James 1:5

*“If any of you is lacking wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.”*

Brief Check-In (10 min)

Please share your name and an area of study or work where you have a special expertise or experience or wisdom. (max. 2 min each)

Leave a brief silence between each response.

Group Time (30 min) The Power of Listening (chapters 3 & 4)

Our task is to help each other become more aware of God in our lives for the sake of others.

Questions for reflection:

1. Briefly describe a time when you felt someone was truly listening to you. What were you talking about? How did it feel?

Everyone listens as each person shares. Pause to allow a little silence between each response.

2. Briefly describe a time when you felt someone had not listened to you. What were you talking about? How did it feel?

Everyone listens as each person shares. Pause to allow a little silence between each response.

3. What do you need for us to hear from you today?

Everyone listens as each person shares. Pause to allow a little silence between each response.

Closing prayer/poem. “Are You Listening?”

Everyone listens as each person shares. Pause to allow a little silence between each response.