



guide:

- CHECK-INS: Introductions, check-in
- CARE: Needs in the group
- COMPASSION: What is the group planning? Are you inviting neighbours to join in?
- GROUP ANNOUNCEMENTS Church-wide and group-only
- DIG IN: "Ice-breaker" question (group facilitator), discuss questions as a group
- PRAYER: Final questions, prayer huddles for personal requests. Consider breaking into small groups (huddles) of 2-4, by gender, if large enough.

for reflection & discussion:

1. Are you someone who "must" always have music or videos on? What do you listen to or play? How do you feel when there is not a steady stream of aural or visual sounds?
2. Have you spent intentional or unintentional time in silence before or as a practice? Why or why not? How did you experience it?
3. What are the similar messages regarding hearing God in these Bible passages: John 10:2-16; John 5:17; 1 Thess 5:17; 2 Cor. 10:5; John 15:4-5?
4. We tend to put our life into various boxes. What are advantages to bringing a simple "practicing the presence of God" "staying awake" practice into all your life activities?
5. What are possible disadvantages?

Hearing God

THE CONTEMPLATIVE PATH TO HEARING

1 THESSALONIANS 5:17

John 10:2-16; John 5:17; 1 Thessalonians 5:17; 2 Corinthians 10:5; John 15:4-5

In his new book Analog Christian, Jay Kim compared how society viewed cigarette smoking in the past to how we are blinded by the ways technology is harming us today, with study after study revealing the self-centric digital world decreasing contentment, resilience, and wisdom. (Digital Smoke, Analog Air).

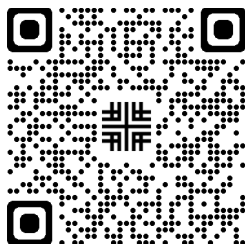
In our Hearing God Series, we are relearning how to use neglected muscles and to breathe clean air—healing air. We're exploring the contemplative path to hearing.

Image from <https://www.canada.ca/en/health-canada/services/publications/healthy-living/health-labels-cigarettes-little-cigars.html>

PRE-TRIP REVIEW

Hearing God, Revelation: Still Speaking

- General Revelation
 - Natural Theology
 - Yong Spirit and Creation
 - Common Grace
 - Prevenient Grace
- Special Revelation
- Negative and Positive theology



connect

- need prayer?
- ask questions
- get information
- make comments
- meet with pastor Shel or Josh
- sign-up for our weekly e-newsletter
- join a Home Church

ON THE ROAD

Practice Makes Perfect

- Dealing with objections? Is this orthodox? Biblically faithful, etc?

Three traditional Christian forms of prayer: Vocal, Meditative, and Contemplative

Contemplative:

- Presence (Jean Pierre de Caussade, Frank Charles Laubach, Brother Lawrence of the Resurrection): “they emphatically agree that remaining awake to God’s presence in the present moment is the single most important task of the Christian life and that no spiritual discipline is more foundation or transforming than this one” (PP, Boyd, 18).

- A Simple Practice: Are you awake?

- Solitude and Silence

Think what it says about the inward emptiness of our lives if we must always turn on [music, social media, talk] to make sure something is happening around us. (D. Willard, SOTD, 163).

Thoughts on Contemplation

- Contemplative prayer...“nothing else than a close sharing between friends; it means taking time frequently to be alone with him who we know loves us.’ Contemplative prayer seeks him ‘whom my soul loves.’ It is Jesus, and in him, the Father. We seek him, because to desire him is always the beginning of love, and we seek him in that pure faith which causes us to be born of him and to live in him” (CCC 2709).

- Relationship is the source of prayer

OFF RAMP

Four Practices

**Next Message: Guest Brad Jersak on Hearing God, Oct. 30. Then, Hearing God #3 Charismatic Paths to Hearing.*

April Yamasaki writes of taking sacred pauses with various spiritual practices during one’s day. Regarding silence, her suggestion is, “Sit in silence for five minutes and listen. Listen to the sounds around you—a ticking clock, the sound of the refrigerator, the rise and fall of your own breath. Let these sounds gradually fall away as you listen underneath them and around them for the cry of your own heart and soul for the voice of God” (Four Gifts, 81).