**Holy Listening Exercise**

**Groups of Three**

**1 sharer, 1 primary listener, 1 listener/timekeeper**

1. Choose one question to reflect on and share.

If you could hold on to one memory from your life forever what would that be?

What is the most meaningful or memorable gifts you have ever received?

Think of a wish that you have.  What would you choose to do it you could?

How has your life been different from what you imagined?

1. You’ll have up to 5 minutes for this. No interrupting while the sharer is speaking.
2. Then the listener reflects back what he/she heard the sharer saying. It’s okay to ask a clarifying question, but otherwise, no interpreting. You will have 3 minutes for this.
3. Listener and timekeeper pray for the sharer in whatever way they feel led.
4. Switch roles and follow the process again until all 3 people have had a chance to share and be prayed for.

**When Someone Deeply Listens To You**

When someone deeply listens to you  
it is like holding out a dented cup  
you've had since childhood  
and watching it fill up with  
cold, fresh water.  
When it balances on top of the brim,  
you are understood.  
When it overflows and touches your skin,  
you are loved.

When someone deeply listens to you  
the room where you stay  
starts a new life  
and the place where you wrote  
your first poem  
begins to glow in your mind's eye.  
It is as if gold has been discovered!

When someone deeply listens to you  
your bare feet are on the earth  
and a beloved land that seemed distant  
is now at home within you.

— John Fox

“When another person listens deeply to us, rather than advising us or analyzing us, it increases the likelihood that we will speak the truth of our heart. We hear ourselves saying things we didn’t know we knew or thought we had forgotten.”

*Conversation: The Sacred Art* by Diane Millis

“Listening is an act of love. Sitting and being present with someone, and asking them important questions is something that doesn’t happen that often during the course of day-to-day life. It is one of the most profound and powerful ways we have to tell someone else how much we love them. Just asking them who they are and what they’ve learned in life. And how they want to be remembered.”

David Isay, Story Corps