

Listen, observe, act – in step with God **Reflective prayer activity on listening**

*This resource may be used as the basis for a Quiet Day,
a shorter prayer activity or as separate reflections*

Listening to God

The Lord came and stood there, calling as at the other times,
'Samuel! Samuel!'

Then Samuel said, 'Speak, for your servant is listening.'

1 Samuel 3:10

**Loving Lord,
we thank you that you speak to us
as we rest in your presence.**

Speak to us, Lord,
as we draw near to you.
Still our restless thoughts
and calm our active minds.

Quieten our spirits
to hear your gentle voice.
Open our ears to listen well;
open our hearts to sense your will.

Give us your grace to heed your words
and follow where you lead.
Speak to us, Lord,
for your servants are listening.

**Loving Lord,
we thank you that you speak to us
as we rest in your presence.
May we continue to hear your voice
throughout this day. Amen**

Listening together

My sheep listen to my voice; I know them, and they follow me.
I give them eternal life, and they shall never perish;
no one will snatch them out of my hand. *John 10:27-28*

**Our Good Shepherd,
who speaks to us words of life,
together we listen to your voice,
ready to follow where you lead.**

Our future is held in your hands.
You have prepared the way;
your voice calls us by name;
you lead us forward together.

We need not fear what lies ahead,
for all your ways are good.
Through the valleys and the heights
your presence keeps us safe.

**Our Good Shepherd,
who gives his life for his sheep,
we thank you for your words of life;
your constant presence with us. Amen**

God listens to us

You will call on me and come and pray to me, and I will listen to you.
You will seek me and find me when you seek me with all your heart.
Jeremiah 29:12-13

**With faith and hope
we bring our prayers to God;
we enter his presence with joy.**

Let us be swift to approach God's throne.
His ear is open to our prayers.
His mercy draws us close;
his grace is all we need.

He will hear our voice
as we whisper our prayers.
He will meet our needs
from the riches of his grace.

May we cherish these times:
precious moments with God,
to pour out our hearts
and listen for his reply.

**Heavenly Father, hear our prayers,
as we open our hearts to you. Amen**

Listening to each other

Let everyone be quick to hear (be a careful, thoughtful listener),
slow to speak (a speaker of carefully chosen words),
and slow to anger (patient, reflective, forgiving). *James 1:19 (AMP)*

Word of God
open the mouths of those
who are silent and afraid.
Give speech to those who have no voice.

Teach us to hear
the words beneath the silence.
Bear witness to the cries
that are the beginning of speech.

Open our ears to each other
so that when we listen and speak
we may recognise in our words
your Word and make it flesh.
Hondi Brasco;
Lifting Women's Voices: Canterbury Press; 2009

**Make us slow to speak and quick to listen;
patient and forbearing with each other;
that we may reflect the example of Christ. Amen**

Listening in stillness

The Lord passed by... but the Lord was not in the earthquake;
after the earthquake a fire, but the Lord was not in the fire;
and after the fire a sound of gentle stillness and a still, small voice.
1 Kings 19:12 (AMP)

**Lord, we pause;
waiting for your presence,
listening for your voice.
Draw near to us,
as we draw near to you.**

Lord, we enter your presence.
ready our hearts to worship.
Open our ears and hearts
to hear your still small voice.

Lord, as we dwell in your presence
we listen as we worship;
May we hear your gentle voice
speaking words of truth.

**Loving Lord, speak life to us
as we listen in the stillness
for the whisper of your voice. Amen**

Listening

A bright cloud covered them, and a voice from the cloud said,
'This is my Son, whom I love; with him I am well pleased. Listen to him!'
Matthew 17:5

We have heard your glorious whisper,
Almost silent, yet insistent,
Breaking through the chatter
Of many voices,
The clatter
Of background noises,
The wind,
The rain,
Storm and hurricane.

**Through all of this
Your voice remains,
Unchangeable,
Cuts through to heart
And soul,
Unmissable.**

'Come follow me
Pick up the Cross...
My burden is no burden at all,
It is simply love,
Poured out for you
And through you,
Sustaining,
Empowering ...
Come follow me'

**The world has ears
Yet fails to hear,
But we have heard your glorious whisper**
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Final Blessing

**We go in faith to follow the call of Christ,
whose voice we know and trust
to guide us through our lives. Amen**