

refresh



Deep listening to God and to others

Prayer Loving and faithful God in the silence help us to make space to listen to what you want to say to us. Enable us to be fully present with you and one another.

Help us to know the depth of your refreshing love.

We ask this in the name of Jesus and the power of the Holy Spirit. Amen.

Listen as scripture is read.

In silence focus on the passage and notice where your attention is drawn.

Listening to one another Find someone to share with. In pairs, one will share their observation, phrase or question and the other will simply listen. Then the silent partner will share and the other listens. The idea is not to have a discussion but rather simply to listen.

Then pairs are invited to join with another pair. Each person will share in the group of four what they heard from their partner, not where their own attention was drawn.

Discerning together As time allows, the whole group responds to the question: 'What is God saying to us?'

Take this conversation into the rest of the day.

Listen as the passage is read again.

2 Timothy 1:3-14

I am grateful to God - whom I worship with a clear conscience, as my ancestors did - when I remember you constantly in my prayers night and day. Recalling your tears, I long to see you so that I may be filled with joy. I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you. For this reason I remind you to rekindle the gift of God that is within you through the laying on of my hands; for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.

Do not be ashamed, then, of the testimony about our Lord or of me his prisoner, but join with me in suffering for the gospel, relying on the power of God, who saved us and called us with a holy calling, not according to our works but according to his own purpose and grace. This grace was given to us in Christ Jesus before the ages began, but it has now been revealed through the appearing of our Saviour Christ Jesus, who abolished death and brought life and immortality to light through the gospel. For this gospel I was appointed a herald and an apostle and a teacher, and for this reason I suffer as I do. But I am not ashamed, for I know the one in whom I have put my trust, and I am sure that he is able to guard until that day what I have entrusted to him. Hold to the standard of sound teaching that you have heard from me, in the faith and love that are in Christ Jesus. Guard the good treasure entrusted to you, with the help of the Holy Spirit living in us.

(NRSV)