

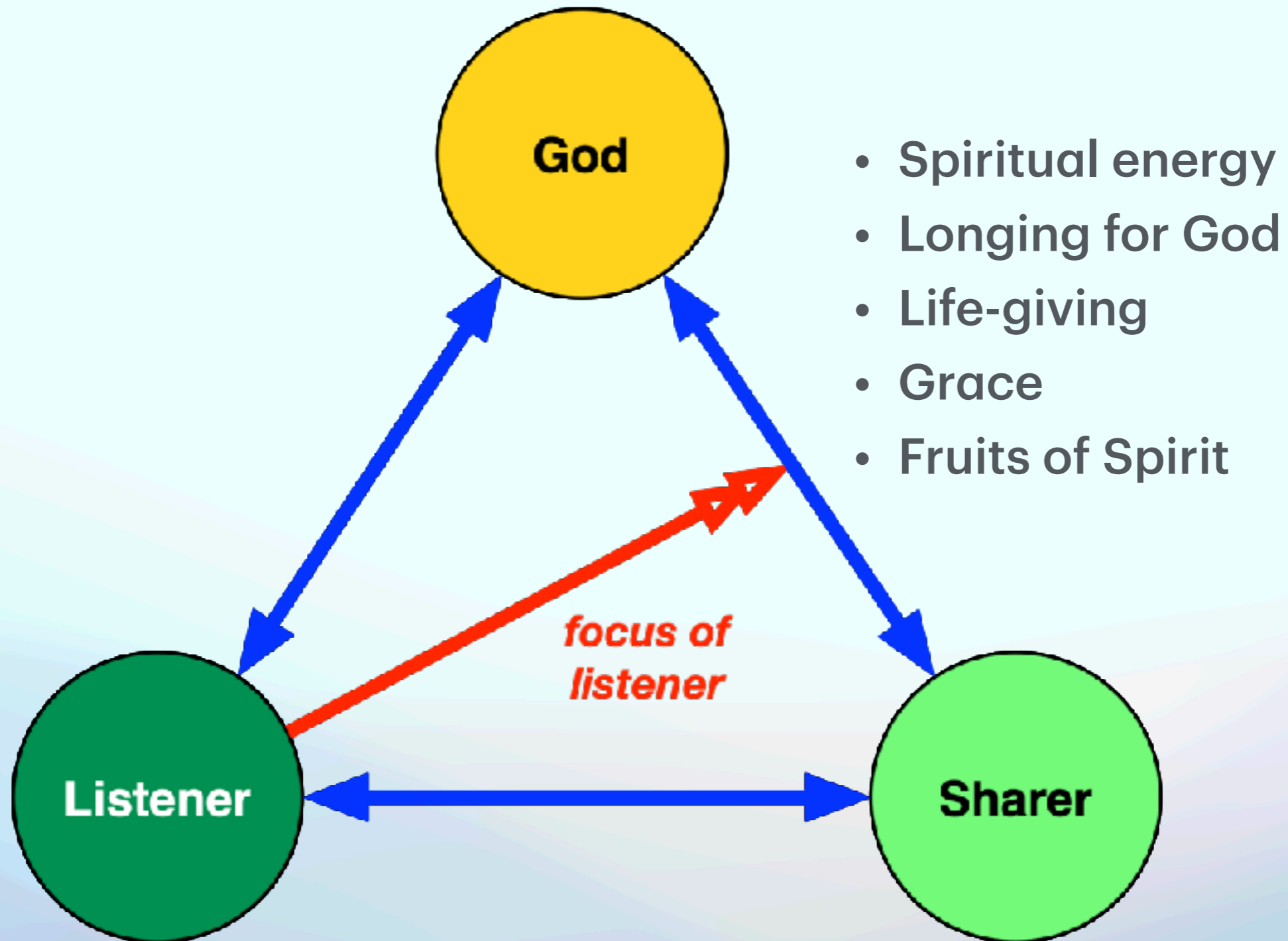
Spiritual Listening – Part 2

Responding to the life-giving (the God-centred)

Spiritual Listening – Part 2

***Responding to the life-draining
(not God-centred)***

The Listening - Responding Triangle



As a spiritual listener

- **Listening for spiritual energy / life-giving / grace ...**
- **Responding**
 - *'I noticed*
(body language, tone of voice, fruit of spirit)
- **Let pilgrim respond**
 - *help them recognise & stay with the life-giving*
 - *to deepen their awareness / experience*
- **Concluding**
 - *what has been most significant/important thing...*
 - *what do you want to say to God?*

As a spiritual listener

- **Listening for spiritual energy / life-giving / grace ...**
- **Responding**
 - *'I noticed (the energy / life-giving...)*
(body language, tone of voice, fruit of spirit)
 - ***Acknowledge if there was pain, sadness, struggle...***
 - *I can see ... was difficult/painful/a struggle ...*
 - ***If it is all difficult***
 - ***Is there anything that is helping/giving hope/lighter?***
 - ***(Looking for the light)***

As a spiritual listener

- **Let pilgrim respond**
 - *help them recognise & stay with the life-giving*
 - *to deepen their awareness / experience*

As a spiritual listener

- *Invite looking at life-draining from the life-giving place*
 - *I noticed when you spoke about... you seemed anxious/fearful/sad*
 - *When you look at that from the life-giving place,,*
 - *what do you notice?*
 - *what do you long for?*
 - *what do you want to ask God for?*
- *If there seems no light/hope/help*
 - *(Very gently) is there something you sense could help?*
 - *Could you tell God about this?*

As a spiritual listener

- **Concluding**

- *what has been most significant/important thing...*
- *what do you want to say to God?*

Reflecting

- **What of this process are you comfortable with as a listener?**
- **What of this process is challenging?**
- **What help do you ask of God?**

- **Before you share - give yourself a couple of minutes to look at your notes from the prayer exercise - and connect with your experience**