

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:

Now the LORD came and stood there, calling as before, ‘Samuel! Samuel!’ And 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:

²⁷My sheep hear my voice. I know them, and they follow me.

²⁸I give them eternal life, and they will 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:

¹²Then when you call upon me and come and pray to me, I will hear you.

¹³When you search for me, you will find me; if 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 = Amplified Version]

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:

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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 = Amplified Version]

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:

While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said,

“This is my Son, the Beloved; 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.