

LENTEN DAY RETREAT

Listening To Others

How listening heals, restores, and shares the gospel



LOVE HAS HANDS TO LOVE OTHERS.
IT HAS FEET TO HASTEN TO THE POOR AND NEEDY.
IT HAS EYES TO SEE MISERY AND WANT.
IT HAS EARS TO HEAR THE SIGHS AND SORROWS OF MEN.
THIS IS WHAT LOVE LOOKS LIKE.

— AUGUSTINE —



GUIDE FOR YOUR ONE DAY RETREAT



The retreat is intended to be incorporated into your daily life, hopefully with less on your agenda than normal. Choose any day of the week that seems fit for you. If you incorporate fasting, on Wednesdays the whole church body is encouraged to fast that day. The retreat is intended for a 16 hour time period with space to practice your daily routines. Choose what activities to engage with or try them all with what your day allows.

PROCESS:

- 01 Morning Prayer & Grace
- 02 Daily Exercise
- 03 Noon Examen
- 04 Journaling & Reflection
- 05 Early Evening Application
- 06 Night Examen

01

MORNING — PRAYER & GRACE

Prayer:

Brother Jesus,
you accept people. That is your gift and grace. But to be honest, I struggle with those who are different, who inhabit the edges of our society. The unpredictable, the dirty or deranged, the ones who beg or bleat unleash not my best self, but the one within who turns away and does not want to know. I am ashamed of that part of me but it's there and you know it. And you want to redeem it, if I will let you. Please. Yes. Do. Amen.



The grace you seek today is the ability to open to others stories with compassion and curiosity.

Eat breakfast or fast.

Question to ponder: How often do you feel heard or share your story?

02

MID MORNING — DAILY EXERCISE

A Bible Study of God Listening to Others:

Matthew 25:31-46 Read this passage and imagine what it would feel like to hear Jesus say these words to you. Read it again as a different character, maybe an observer. What stirs within you?

Read through a few of the passages on listening & compassion and notice your reactions to them, whether you feel drawn to what the verses say or resist what they say.

James 1:19

Matthew 9:36

John 11:34-38

Proverbs 18:13

Matthew 15:32



03

MID DAY — NOON EXAMEN

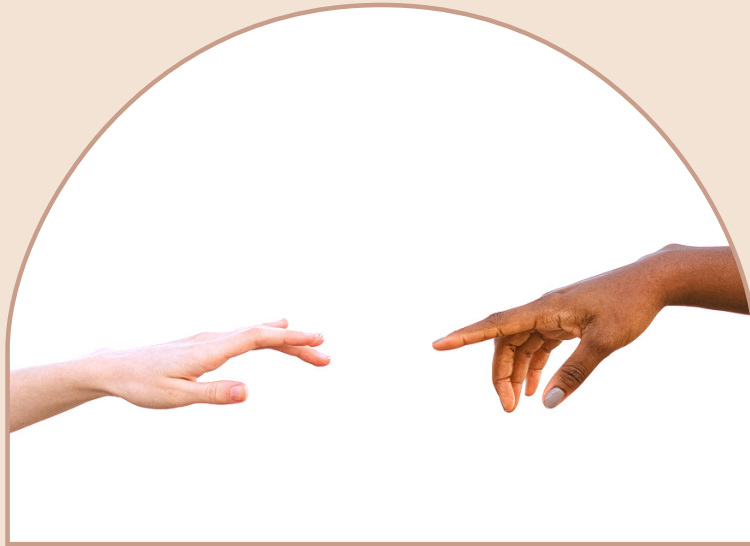
Attend Mid Day Eucharist fasted.
Or have a meal with God.

Use the Examen to review your experience
of being heard.

Who in your life listens really well?
What about their listening is meaningful to you?

04

MID AFTERNOON — REFLECTION & JOURNALING



Spend some time journaling and reflecting on who in your life has needs (minor needs to larger crises)

- Do you tend to feel burdened by the needs of others? Overwhelmed, interested, resentful, irritated, responsive, deeply moved?

How do you actually feel about their needs?

- It's okay to be honest with God about this, even if we see parts of ourselves that seem to respond in "ungodly" way. This is a place for self compassion and an invitation for God's transforming work in our hearts.

When has someone shown great or intentional concern for you?

- How did you experience the love of God through them?

Where in your life do you need compassion and kindness from God?

- It is only when we have experienced the compassion and acceptance of Christ that we can truly offer that to others. If we don't have a self that has been deeply loved, then we will only do good deeds out of our own autonomy (flesh).

COMPASSIONATE LISTENING

PRACTICAL WAYS TO LISTEN WITH THE HEART

Not turning the conversation back to your story,
your experience, or your advice.

Focus on their experience, thoughts, feelings, and behaviors
around whatever another is sharing.

Asking concrete, exploratory, and clarifying questions:
who, what, where, when, and how.

When someone is talking, ask the Holy Spirit to enable you
to be aware of what He might be doing in their life.

Hear someones hurt without making evaluations
or offering judgment, advice, or giving book recommendations.

Reflect back what you have heard but add specific descriptive words
in your summary. Offer your summary of what you
heard with a tentative tone.



COMPASSION WITHOUT WORDS

- Eye contact
- Open physical posture
- Moderation of facial expressions
- Mirroring emotions with vocal tones
- Being genuinely curious
- Setting aside assumptions, agenda, or the need to "fix"
- Not being on your phone or "multi-tasking"

05

EVENING TIME — LIFE APPLICATION



Remain fasted Or have dinner with a loved one or spend the dinner in silence with no T.V, social media, or distractions.

Make a phone call or talk to someone in your household and practice being fully present and asking concrete questions (who, what, where, when, or how). Talk for as long as they keep talking.

NIGHT — EXAMEN

06

Do the evening Examen

- What was the most important part of this day retreat?
- Is there something God is asking you to do as a result of how you heard from him, how you were engaged with him, or felt prompted by him?