

Lectio For Community Listening

Lectio: As you observe the everyday lives of your neighbors, be aware of any *image* or *scene* that catches your attention.

Meditatio: As you observe the everyday lives of your neighbors, be aware of any *reflection* or *thought* that you become aware of as you observed.

Oratio: As you observe the everyday lives of your neighbors, be aware of any *prayer* that rises up within you that expresses what you are experiencing as you observe.

Contemplatio: As you conclude your observation, *sit with God* and allow God to speak to you in the silence of your hearts (Allow 1-2 minutes of silence).

For more listening resources visit thelisteningchurch.com

