

Can You Hear Me Now?

(Mentor Session #2)

Open in Prayer *(name God, thank God, hit Him up for something... end prayer "In Jesus Name")*

Read the chosen passage and answer the questions. If you finish one passage, (& have time) start another.

Passages: (Circle the one used for this page)

Exodus 18:5-26

Judges 6:12-25, 36-40

1 Samuel 3

1 Kings 19

Acts 10:1-23

Who was God speaking to? _____

How did God "speak"? _____

Was the person sure it was God speaking? Why or why not? _____

What was the gist of God's message? _____

How did the person ultimately respond? _____

Can You Hear Me Now?

Read the chosen passage and answer the questions. If you finish a second passage and wish to, you're welcome to look up the others in this session, or at home.

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Judges 6:12-25, 36-40

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Now what?

In honest dialogue with your group, discuss the following questions

(write some thoughts you have beside each question)

Why is scripture important?

What are some hurdles I experience when reading scripture?

What are some of the struggles you have when it comes to talking with God?

God has many names (i.e. father, comforter, provider), what is a name or word that best describes God for you?

- o *Important to realize that the word "Father" gives each person a different image. To some, "Father" is a comforting shoulder, to others it's a disciplinarian, and to others it's someone who has abandoned me. What word best fits your image of God?*

Why do you think having a relationship with God is so important?

- o *Because your faith & the Sacraments can and will sustain you! They'll bring you true joy that your heart is so desperately searching for. Look no further than the writings of St. Augustine, "Our hearts are restless, until they can find rest in you"*

In today's culture; what are some obstacles (other focuses) that are fighting for our attention? Are they fulfilling the restless hearts of those around you?

Action Step:

- Try the Bible Roulette exercise at home with one or both parents. If it's uncomfortable to find a verse that way, then assign a verse and talk to your parents about making it happen before Large Group Session 1.
- Another way to share in this with family at home is to practice Lectio Divina. Try this for 2 nights next week before bed with a parent.

Lectio Divina Exercise

A How To Guide:

Our question is: How does something thousands of years old help me in my day-to-day life? *Lectio Divina* is Latin for divine reading, spiritual reading, or "holy reading," and is a traditional Christian practice of prayer and scripture reading intended to promote communion with God and to increase our openness to God's Word. It is a way of praying with Scripture that calls us to study, ponder, listen and, finally, pray and even sing and rejoice from God's Word, within our souls.

Overview:

Step 1: Choose a text from the Scriptures (below or your own) that you wish to pray with. When choosing scripture, length of text can depend on what God is calling you to do – it can be a verse or an entire chapter. For those trying this for the first time, it is probably best to do something brief.

Step 2: Place yourself in a comfortable position and allow yourself to become silent. Some Christians focus for a few moments on their breathing; others have a beloved "prayer word" or "prayer phrase" they gently recite. That practice is known as "centering prayer" or *Meditatio* which makes for a good, brief introduction to *lectio divina*. Use whatever method is best for you, and allow yourself to enjoy silence for a few moments.

Step 3: Turn to the text and read it slowly, peacefully. Encourage others to take in each portion of the reading, constantly listening for the "still, small voice" of one word or phrase that somehow says, "I am for you today." Let those participating know that the phrase or word may not jump out at them, but reveal itself slowly. Have each person choose a word or phrase from the reading, repeat it, and share it (without elaboration). Do the same with the word you have taken from the passage.

Step 4: Read the text again; however, this time you're asked to place yourself in the Bible scene or in a situation where they are speaking to God. Spend some time discussing the scene or situation they envisioned while rereading the passage.

Step 5: Read the text for a third time and ask the those participating to contemplate what God is inviting them to do. What do they think is being communicated, what is God trying to tell them, what is revealing itself through Scripture? If you wish to reread the text again, feel free, there are unlimited amounts of time one can reflect on a passage.

Suggested Readings:

Matthew 7:13-14 ("the narrow gate")
Mark 4:35-41 (Jesus calms the storm)

Psalms 23 ("The Lord is my shepherd...") **Matthew 20: 1-16** ("are you envious because I'm generous")
Luke 22:39-44 (agony in the garden) **John 15:1-17** (the vine and the branches)