

SIXTH SUNDAY OF EASTER - MAY 17

Describe a time you were talking about something, and another person truly listened. Focus on an instance when the other person made you feel safe, seen, and not alone. *Note: If you are with a group, have each person take a turn sharing.*

Scripture Reading: Psalm 61:19

*But truly God has listened;
God has given heed to the words of my prayer.*

Reflection

Today's scripture comes from the book of Psalms. The psalmist is praising God because God truly listens and is present with us. Truly listening and being present with someone is about more than just being in the same room and hearing them talk.

True presence is about paying attention to what someone is saying and how they are thinking and feeling. Being truly present with someone else means showing them how much we care about them. God is present with us like that. God listens to everything we say, even the things we don't say out loud or have words for. God always cares, whether our concerns are big or small.

We can and should practice this kind of presence with each other. One way we can do this is through active listening. Active listening means: looking at the other person, responding to their words, not focusing on what we're going to say next, etc.

It feels good when we are heard, seen, and loved. We have the power to make someone else feel that way too. How can you practice presence and active listening throughout the coming week?

Discussion Questions

1. Who is someone in your life who truly listens to you?
2. How do you know when someone is really listening and paying attention to you?
3. How do you show other people you are listening to them?

Prayer

Dear God, thank you so much for always being present with us. Thank you for truly listening to what we say, think, and feel and for always caring about us. Help us practice this kind of presence and listening with one another. **Amen.**