**Listening in Two’s**

 **20 Minutes**

**A** is Listener

**B** is Speaker

**The Speaker** will share for a maximum of **5** minutes something of importance or significance for them.

**The Listener** will not interrupt unless to ask **B** to clarify what they have said.

When **B** has finished sharing, **A** will ask in turn the following questions:

***What is the most important part of what you have shared?***

***What action, if any, do you want to take in the light of this?***

***Would you like to pray about the action you are going to take?***

**A** will summarize and reflect back the answer to the first two questions.

Before praying, check out if one or both of you are going to pray. Make the focus of the prayer that God will give wisdom and power to the action decided upon by **the Speaker.**

When you have finished, change roles and complete the process again.

 **Listening For Healing**

10 minutes

This will take the form of a healing prayer opportunity. In groups of 2 we will both have an opportunity to use the reflective style of listening prayer demonstrated by Jesus in Mark 1.

The **Speaker** will briefly share their healing prayer request.

The **Listener** will reflect back the essence of that prayer request.

The **Speaker** is free to develop or change their request in response.

In conclusion the **Listener will** lay hands on the **Speaker** and pray for the healing request using as many of the **Speaker’s** words as they think appropriate.

When both of you have prayed you may wish to share any reflections on that way of praying.