

Divine Listening

(Please read in preparation for the worship services.)

Jesus taught his followers that, when they had made their prayers to the Father, they should remain for a time in silent receptivity to afford the indwelling spirit the better opportunity to speak to the listening soul. The spirit of the Father speaks best to man when the human mind is in an attitude of true worship. We worship God by the aid of the Father's indwelling spirit and by the illumination of the human mind through the ministry of truth. Worship, taught Jesus, makes one increasingly like the being who is worshiped. Worship is a transforming experience whereby the finite gradually approaches and ultimately attains the presence of the Infinite. The Urantia Book (146:2.17)

“Divine Listening” is based on the medieval monastic practice of Lectio Divina. It is designed to promote communion with God. A passage is read **four** times so listeners may

1. Listen: attune ourselves to the divine presence within
2. Meditate: yield our minds to spiritual understanding
3. Pray: talk to our Father
4. Commune: achieve worshipful communion

1. During the first reading, you are invited to listen with your heart. After reading the passage the reader will say:

“A Word”

Choose a word from the passage that touches you deeply. Repeat the word during a few moments of silence, or if you feel moved to share it, speak it softly to someone near you.

2. During the second reading, listeners are invited to meditate on a phrase or a thought from the passage. The reader will say:

“A Thought”

“... allow the Adjuster to spiritualize your thinking” - to help you understand the meaning contained in the words. Repeat the thought silently, or if you feel moved to share it, speak it softly to someone near you.

3. After the third reading you are asked to pray about your thought. The reader will say:

“A Prayer”

Like Jesus, *“have just a little talk with [your] Father in heaven.”*

4. After the fourth reading, it is a time to commune, a time for you enjoy the gift of quiet stillness as you rest with God. The reader will say:

“Rest”

“The Father desires all his creatures to be in personal communion with him.” Take these moments for a simple, loving, wordless union with your heavenly Father, a precious time of quiet stillness, a time to rest in his presence.

Quiet music will end the stillness.