

MOVEMENTS 6: LISTEN, HEAR MY VOICE

Petitionary Prayer: *God, who is Father to all, grant me the grace to listen to the Advocate, to be open to the Word, and to all the ways you, Lord, are speaking to me in my daily life.*

Prayer 1. Read Psalm 46 ("Be still and know that I am God"), 1 King 19: 11-13 (Whispering sound)

For the leader. A song of the Korahites. According to alamothe. God is our refuge and our strength, an ever-present help in distress. Thus we do not fear, though earth be shaken and mountains quake to the depths of the sea, Though its waters rage and foam and mountains totter at its surging. ⁴ The LORD of hosts is with us; our stronghold is the God of Jacob. Streams of the river gladden the city of God, the holy dwelling of the Most High. God is in its midst; it shall not be shaken; God will help it at break of day. Though nations rage and kingdoms totter, God's voice thunders and the earth trembles. The LORD of hosts is with us; our stronghold is the God of Jacob. Selah Come and see the works of the LORD, who has done fearsome deeds on earth Who stops wars to the ends of the earth, breaks the bow, splinters the spear, and burns the shields with fire; Who says: "Be still and confess that I am God! I am exalted among the nations, exalted on the earth. "The LORD of hosts is with us; our stronghold is the God of Jacob.

Then the LORD said, "*Go outside and stand on the mountain before the LORD; the LORD will be passing by.*" A strong and heavy wind was rending the mountains and crushing rocks before the LORD - but the LORD was not in the wind. After the wind there was an earthquake - but the LORD was not in the earthquake. After the earthquake there was fire - but the LORD was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave. A voice said to him, "*Elijah, why are you here?*"

For Reflection: I ask for God's guidance to be still and the grace to hear His voice in the whispering of my soul. What is it like for me to be still? Where does my mind wander? What stirs within my heart? What helps me to notice God's presence in me and around me? What helps me to pause and notice how God is relating to me in the midst of my daily life?

Prayer 2. Read 1 Samuel 3:1-11 (Here I am Lord)

During the time young Samuel was minister to the LORD under Eli, a revelation of the LORD was uncommon and vision infrequent. One day Eli was asleep in his usual place. His eyes had lately grown so weak that he could not see. The lamp of God was not yet extinguished, and Samuel was sleeping in the temple of the LORD where the ark of God was. The LORD called to Samuel, who answered, "Here I am." He ran to Eli and said, "Here I am. You called me." "I did not call you," Eli said. "Go back to sleep." So he went back to sleep. Again the LORD called Samuel, who rose and went to Eli. "Here I am," he said. "You called me." But he answered, "I did not call you, my son. Go back to sleep. "At that time Samuel was not familiar with the LORD, because the LORD had not revealed anything to him as yet.

The LORD called Samuel again, for the third time. Getting up and going to Eli, he said, "Here I am. You called me." Then Eli understood that the LORD was calling the youth. So he said to Samuel, "Go to sleep, and if you are called, reply, 'Speak, LORD, for your servant is listening.'" When Samuel went to sleep in his place, the LORD came and revealed His presence, calling out as before, "*Samuel, Samuel!*" Samuel answered, "Speak, for your servant is listening." The LORD said to Samuel: "*I am about to do something in Israel that will cause the ears of everyone who hears it to ring.*"

For Reflection: "Speak, Lord. Your servant is listening." As I make time today to be attentive to God in my life, what do I notice about the quality of my attentiveness to my family, friends, and those I interact with daily? What happens in my heart when I am listening to others attentively?

Prayer 3. Read Hebrews 4:12 (The Word of God is living)

Indeed, the word of God is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart.

For Reflection: How has God's word come alive for me during this retreat? What do I notice about how praying with scripture affects the quality of my life and my relationships?

Prayer 4. Luke 8:4-15 ("*The seed is the Word of God*")

When a large crowd gathered, with people from one town after another journeying to Him, He spoke in a parable. "*A sower went out to sow his seed. And as he sowed, some seed fell on the path and was trampled, and the birds of the sky ate it up. Some seed fell on rocky ground, and when it grew, it withered for lack of moisture. Some seed fell among thorns, and the thorns grew with it and choked it. And some seed fell on good soil, and when it grew, it produced fruit a hundredfold.*"

After saying this, He called out, "*Whoever has ears to hear ought to hear*" Then His disciples asked Him what the meaning of this parable might be. He answered, "*Knowledge of the mysteries of the kingdom of God has been granted to you; but to the rest, they are made known through parables so that 'they may look but not see, and hear but not understand.'* This is the meaning of the parable. The seed is the word of God. Those on the path are the ones who have heard, but the devil comes and takes away the word from their hearts that they may not believe and be saved. Those on rocky ground are the ones who, when they hear, receive the word with joy, but they have no root; they believe only for a time and fall away in time of trial. As for the seed that fell among thorns, they are the ones who have heard, but as they go along, they are choked by the anxieties and riches and pleasures of life, and they fail to produce mature fruit. But as for the seed that fell on rich soil, they are the ones who, when they have heard the word, embrace it with a generous and good heart, and bear fruit through perseverance."

For Reflection: How do I relate to Jesus' parable? Am I ready to receive God's word in my heart? Am I easily distracted from centering on God? Do I fall away during difficult times? Am I weakened by anxieties? How does regular prayer and God's Word strengthen my faith and convictions?

Prayer 5. Read John 14:15-31 (The Advocate, the Spirit teacher of Truth)

"If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you. I will not leave you orphans; I will come to you. In a little while the world will no longer see me, but you will see me, because I live and you will live. On that day you will realize that I am in my Father and you are in me and I in you. Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him."

Judas, not the Iscariot, said to him, "Master, (then) what happened that you will reveal yourself to us and not to the world?

Jesus answered and said to him, *"Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him. Whoever does not love me does not keep my words; yet the word you hear is not mine but that of the Father who sent me. 'I have told you this while I am with you. The Advocate, the holy Spirit that the Father will send in my name - he will teach you everything and remind you of all that (I) told you. Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. You heard me tell you, 'I am going away and I will come back to you.' If you loved me, you would rejoice that I am going to the Father; for the Father is greater than I. And now I have told you this before it happens, so that when it happens you may believe. I will no longer speak much with you, for the ruler of the world is coming. He has no power over me, but the world must know that I love the Father and that I do just as the Father has commanded me. Get up, let us go."*

For Reflection: As I slowly read the words of the beloved Apostle John, what words or phrases do I feel drawn to? Jesus promises God will make His dwelling in us. He speaks through our desires. How is God speaking to me now?

Prayer 6. Repetition: Return to one of the readings that resonated with you or left you desiring more. Sit with the reading again and notice what happens within you.

Prayer Period Gathering the Graces: Review and savor God's gifts to you. Make notes for sharing with your spiritual director or your faith-sharing group.

Additional Scriptures:

Rev 3:20-22 (*If you hear my voice I will enter*), Psalms 95:7-8 (Today, hear His voice, open your hearts), Prov 8:32-35 (Happy the one who listens), Job 33:14-18 (God speaks in a dream)