



How to Hear God

Small group notes – Week 1 – GOD’S WORD IN SCRIPTURE

Note to Small Group Leaders & HOSTs

Welcome to week 1 of How to Hear God! We’re so glad you’re joining us on this journey of hearing God better – through scripture, prayer, prophecy, in dreams & visions and in community. Each week there will be video content and notes to guide you through the session. After an introduction, you’ll see some teaching content from Pete Greig or Andy & Rob. Most weeks the videos will be in 2 parts, so look out for the right time to hit pause.

This week, there is an introduction to the course from Andy & Rob, followed by some teaching input from Pete Greig. After this there will be an opportunity to share in your groups. The final video is a short interview with Sister Mary, a nun who has been practicing Lectio Divina for over 20 years. We’d love you to spend time practicing Lectio Divina in your groups and turn this into prayer for one another at the end.

Welcome

Welcome everyone & introduce yourselves.

Worship

Every good thing starts in God’s presence.

Take some time to worship together. Ask someone who can play a guitar or another instrument, if they will lead your group in some live worship or if that’s not possible, choose a couple songs from one of our playlists: [Youtube Playlist](#) [Spotify Playlist](#)

Key Bible verse

“And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.” Luke 24:27

Starter Question

What are your experiences of hearing God? How did God speak to you? How did you know it was God? Share as honestly as you feel able.

(NB There may be people in your group who feel like God has never spoken to them, as well as people who regularly hear his voice)



Video – Part 1 (12 mins)



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Discussion Questions (20 minutes)

- Hearing God through the Bible is the primary way in which he speaks. What do you love about the Bible and how do you best engage with it?
- George Gallup called the Bible the best-selling, least read book. What stops you from reading the Bible more?
- How comfortable do you feel reading the Bible prayerfully and intimately, rather than studying it for information?
- Pete Greig challenges us to view the whole of life through the life of Christ through his illustration with the picture frame.
Think about a difficult situation you're facing. Is there a verse or promise that might help the way you see it?



Video - Part 2 (5 mins)



Lectio Divina (15 minutes)

Lectio Divina is an approach to scripture that emphasises reading it prayerfully, slowly and with imagination. It's about the heart more than the head. The four steps are:

READ, MEDITATE, PRAY, CONTEMPLATE

These steps are a helpful guide but not a fixed map you have to follow.

Sister Mary Magdalen says that *"Lectio is the moment where I have a personal encounter with Christ. Guaranteed."*

Now take some time to practice Lectio Divina as a group...

1. **Read (Lectio):** Read **Mark 4:35-41** out loud, reflecting on the passage as you read.

2. **Meditate (Meditatio):** Read the passage again, and encourage each member of the group to say out loud one word or phrase that jumped out to them (the same word or phrase can be



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repeated by different people).

3. **Pray (Oratio):** Read the passage again, and allow space for members of the group to pray out short prayers related to the themes, words or phrases of the passage.

4. **Contemplate (Contemplatio):** Read the passage a final time, and sit quietly to reflect individually. Each member of the group might like to ask themselves the question, “what’s the one thing from this passage I will take into my week?”

Ministry (15 minutes)

Then move into prayer ministry time.

There may be things that have come up during this session. Take some time to invite the Holy Spirit, praying for each other for a fresh in-filling of His presence, knowing that His power is in His presence.

Prayer ministry time is for prayer ministry not intercession, but what’s the difference?

Maybe someone shares that they have a difficult meeting at work tomorrow. Intercession is praying for the meeting, and that’s OK. But in our small groups, we want to do ministry. We believe that God’s Kingdom is near and can break in at any time, including now. So what does the person need? Wisdom, peace, courage? Ask the Holy Spirit to release these to the person now wherever they are!

A model that we find helpful is **Ask-Pray-Ask** as we aim to pray in the way Jesus taught us.

ASK – ask the person what they’re asking Jesus to do for them

And ASK the Holy Spirit what He is wanting to do

PRAY – like Jesus did, pray your best prayers. Invite the Holy Spirit to come, and then wait. As pray-ers, let’s keep our eyes open to see what the Holy Spirit is doing

ASK – what’s happening? If the pain was a 10 out of 10 when they walked in tonight, ask them what they would score the pain now? What are the next steps? Thank God and ask for more. You may find it helpful to go through these steps 2-3 times.

If you’re reading the book...

Read chapters 1 & 2 of How to Hear God

Next week



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Encourage your group to be part of a Sunday service for the next talk and to come back next week.