

Practice: Listening with Christ in God

Have you ever practiced sacred listening?

This week carve out some time alone or with family to quietly listen. It doesn't matter where you are, the sacred can always be heard.

You can practice this while walking in your neighborhood, hiking in the mountains, sitting quietly, playing, or even washing dishes.

Become still in your heart.

What sounds move you, make your heart leap with the recognition of Christ within you?

Within children's laughter?

Within a dog's bark?

Within crickets chirping?

Within the sound of your breath, your heartbeat?

Do you hear the whispering of God's voice through the trees, gently stirring the chimes on your porch?

Listen as God whispers your name and says, "I love you."

Listen as God breathes, "You are my beautiful child whom I will always be with. Hear me and know I will never forsake you. You are forever held within all of my creation. All of whom I have created in my image."