

LENT 2024

**Holy
Listening
Stones**

**A WEEKLY REFLECTION GUIDE
FOR YOUR HOUSEHOLD**

Holy Listening Stones

A HOW TO GUIDE

1

FIND A SPACE

Choose a place that is comfortable, familiar and free from distractions. This could be the dinner table, a comfy couch, a porch swing - anywhere that allows you to feel safe and open.

2

LIGHT A CANDLE

Light a candle and place it in the center of your space. The candle will help center you. It also is a symbol that reminds us that we are entering a holy time where we focus on God's presence in our conversation.

3

PREPARE YOUR STONES

Place the listening stones for everyone to see. If you have actual stones, great! If you have the sheet of symbols, that works too! The symbols don't have one meaning. They are a tool to help us listen to God and express ourselves.

4

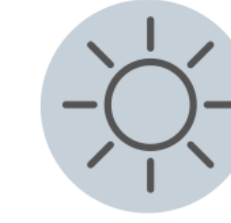
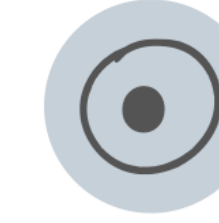
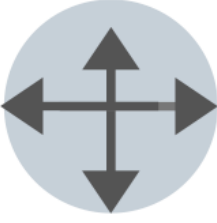
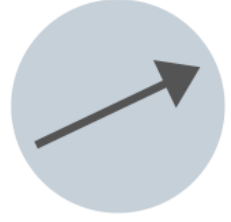
ASK AND LISTEN

Ask the reflection questions from this week of Lent from weekly email. You will use stones to answer each question, picking 1-3 stones for each question. Share with each other why you picked each stone. Encourage everyone to listen empathetically, without trying to "fix" anything.

5

PRAY TOGETHER

Close your holy time together with a short prayer, led by a different family member each week. When you blow out the candle be reminded that God is always the light inside of us.



Holy Listening Stones

WEEK 1 REFLECTION TIME

Week of February 18

Theme of the Week: Here to PRAY

Scripture: Matthew 6:5-15

1

How is it with your soul today? Pick 1-2 stones that answer that for you. Share why you picked those.

2

Read Matthew 6:5-15 and reflect on it by picking 2-3 stones that stick out to you. Share why you picked those stones.

3

What does this scripture teach us about how to PRAY right here, right now?

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WEEK 2 REFLECTION TIME

Week of February 25

Theme of the Week: Here to SERVE

Scripture:

1

How is it with your soul today? Pick 1-2 stones that answer that for you. Share why you picked those.

2

Read Luke 19:1-10 and reflect on it by picking 2-3 stones that stick out to you. Share why you picked those stones.

3

What does this scripture teach us about how to SERVE right here, right now?

Holy Listening Stones

WEEK 3 REFLECTION TIME

Week of March 3

Theme of the Week: Here to WORSHIP

Scripture:

1

How is it with your soul today? Pick 1-2 stones that answer that for you. Share why you picked those.

2

Read 2 Timothy 3:10-17 and reflect on it by picking 2-3 stones that stick out to you. Share why you picked those stones.

3

What does this scripture teach us about the importance of WORSHIP right here, right now?

Holy Listening Stones

WEEK 4 REFLECTION TIME

Week of March 10

Theme of the Week: Here to LEARN

Scripture:

1

How is it with your soul today? Pick 1-2 stones that answer that for you. Share why you picked those.

2

Read Jonah 1 and reflect on it by picking 2-3 stones that stick out to you. Share why you picked those stones.

3

What does this scripture teach us about how to LEARN right here, right now?

Holy Listening Stones

WEEK 5 REFLECTION TIME

Week of March 17

Theme of the Week: Here to LOVE

Scripture: Luke 15:11-32

1

How is it with your soul today? Pick 1-2 stones that answer that for you. Share why you picked those.

2

Read Luke 15:11-32 and reflect on it by picking 2-3 stones that stick out to you. Share why you picked those stones.

3

What does this scripture teach us about how to LOVE right here, right now?

Holy Listening Stones

WEEK 6 REFLECTION TIME

Week of March 24

Celebrate the Love of God for ALL

Scripture: Matthew 22:36-40

1

How is it with your soul today? Pick 1-2 stones that answer that for you. Share why you picked those.

2

Read Matthew 22:36-40 and reflect on it by picking 2-3 stones that stick out to you. Share why you picked those stones.

3

What does this scripture teach us about how to CELEBRATE LOVE OF GOD FOR ALL right here, right now?