

## G.R.A.C.E. PLACE FALL NEWSLETTER

### Grace Lutheran Church

Nov. 1<sup>st</sup> – 7<sup>th</sup>, 2020

### Issue 8



Join Kelsey for a short zoom check-in on Sunday from 9:00-9:30am! Meeting password is 09192020

Join Zoom Meeting:

<https://luthersem.zoom.us/j/5771068839?pwd=eFdhaXgxZUtGNG8reCtJaS9VTUZsdz09>

This week we are going to work through listening. Listening is going to be important to our next couple of newsletters.

When we are listened to, how do we feel? What makes a good listener? Why is listening important? How do we listen to ourselves, others, and God?

Listening isn't just about hearing the words someone else says. Listening is about understanding, feeling, and interacting through questions and empathy.

This week's lesson will have some great games to play as a family to help with listening skills, and

## Family Movie Night – SHREK

a family movie option with discussion questions to discuss good listening and shows how listening connect and help with faith formation.

### Telephone

Gather the whole family and sit in a line, on the couch or floor or wherever is comfortable. Then, have one person think of a phrase and whisper it into the next person's ear.

You can only whisper it once. The next person whispers into the person after. And so on and so forth until the last person.

### Simon Says

A classic game that helps with listening! Someone is Simon and the others are the followers. Simon must start by saying "Simon says.... Jump on one foot." You can also say to do something without saying Simon says but whoever

does the task without Simon saying is out. They have not listened to Simon.

### Direction Pictures

Think of a picture you'd like someone to draw (something easy like a house or tree, etc.) The person drawing must be blindfolded. Give the drawer directions on how and what to draw. See how well they listen to directions!

### Baking & Cooking

Make homemade cookies, pie, or even dinner with your family. It is important to listen and follow directions or else the food may not turn out!

## LISTEN TO GOD

James 1:19

**“You must understand this, my beloved; let everyone be quick to listen, slow to speak, slow to anger.”**

How can we listen to God? To be quick to listen and slow to speak?

Meditation and prayer are great ways to help us listen to God and the Holy Spirit.

This week, I want you to practice some meditation with your family. Each day find a time to meditate just for even a few seconds. It can be right when you wake-up or before you go to bed. Before a meal or even before school or work.

Stop what you are doing or thinking. Try to only think about your lungs. What are your lungs doing? Take a deep breathe in and then breathe all that air out. Take another deep breathe in and breathe it out.

Congratulations! You've just meditated! Even something this simple can help you clear your head for the day and to be a little more open to God working around and through you.

Prayer is also another great way to listen to God. Usually in our prayers we ask for things whether it is to help others or ourselves. When you pray, start adding in a little prayer to help you listen.

“God, open my heart, my mind, and my ears to you and your people. Help me to listen to You working in the world. Help me listen to the ways I can help your people.”

Daily Devotions:  
d365.com

### Active Listening Articles & Activities

[https://www.leadershiptransformations.org/documents/attentive\\_listening.pdf](https://www.leadershiptransformations.org/documents/attentive_listening.pdf)

<https://virtualspeech.com/blog/active-listening-skills-examples-and-exercises>

<https://proudtobepimary.com/listening-activities/>