
WHEN SOMEONE IS LISTENING

OBJECTIVE

This is a springboard for discussion about Kavanah, hisbodadus and how there is never a Tefillah that goes unanswered.

HOW TO RUN THIS SESSION

Divide teens into pairs and give them pens and paper.

Give a couple of minutes for teens to think about the following 2 questions and draw or write down their answers:

1. What was the most memorable moment you felt connected to God or spirituality?
2. What was your most powerful prayer moment?

When they are finished thinking and preparing they will present their thoughts to each other. Give one minute and have one person share answer number 1 with their partner. The listening partner should observe them and consider when listening at what points their partner was most excited, eyes lit up and passionate.

Make sure that they switch and speaker has a turn being the observer/listener.

Do the same thing for question 2.

Now regroup as a whole:

Questions to ask the group (answer by raising hands) and then follow up by asking an individual to share a more detailed response.

QUESTIONS

How many of you normally share this type of experience? (Show of hands)

Who found it easier to listen/share? (show of hands)

Why? (individual question)

How did it feel to share something personal with someone who was attentively listening? Was this a different experience to how you normally feel when you talk to someone? (individual question)

CONCLUSIONS

The discussion should lead to “how do I know someone is listening?” – ultimately we can’t KNOW for sure (proof) but ask teens to think about the way they approach a conversation when they know the listener is really listening.

When we pray- are we acting like there is someone listening or not?

The onus is on us- how we behave.

When you think someone is listening- the quality of your conversation is higher.

When we understand God IS listening- the quality of our intention and what we say is higher.