



# Calendar for the Practice of Holy Listening

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>You are invited to journal during Lent using the prompts for each day. You may also take photos that capture your daily reflections. Or you may just sit with the words. Remember, God speaks to us, we just need to listen.</p>			<p><b>18 Ash Wednesday</b> <i>Sacred Listening</i> Marked with ashes, we are reminded of our mortality and our need for God. Listen and discern what God asks of you this Lent.</p>	<p><b>19</b> <i>Sacred Listening</i>: Create a sacred space where you can sit in silence during Lent. You may want a symbol, a Bible, and a journal in that area. Make it your own.</p>	<p><b>20</b> <i>Sacred Listening</i>: Read a favorite poem. Then sit in silence for a moment. Notice what stirs in you.</p>	<p><b>21</b> <i>Sacred Listening</i> Visit with a friend. Practice attentive listening, really hearing what they share with you.</p>
<p><b>22</b> <i>Sabbath Time</i>: Take a walk in a park or natural area. As you silently stroll, listen for the sounds of God’s creation.</p>	<p><b>23</b> <i>Listening with the Ears of the Heart</i>: Try listening to the heartbeat of God through the Scriptures. Read a favorite passage or try Philippians 4:4-9.</p>	<p><b>24</b> <i>Listening with the Ears of the Heart</i>: Sit quietly and listen to a favorite piece of music. How does your heart respond?</p>	<p><b>25</b> <i>Listening with the Ears of the Heart</i>: Notice God today: Where did you sense peace, resistance, or surprise?</p>	<p><b>26</b> <i>Listening with the Ears of the Heart</i>: Evening Reflection: When did I feel closest to God today?</p>	<p><b>27</b> <i>Listening with the Ears of the Heart</i>: Nature Listening: Step outside and listen. How does being in nature speak to you?</p>	<p><b>28</b> <i>Listening with the Ears of the Heart</i>: Pause &amp; Breathe: Take 3 slow breaths and pray, “Speak, Lord, I am listening.” Wait and listen.</p>
<p><b>March 1</b> <i>Sabbath Time</i>: Sit in silence in a comfortable chair. Breathe deeply and slowly. Reflect on the verse “Be still and know that I am God.” Psalm 46:10</p>	<p><b>2</b> <i>Listening to Scripture: One Verse Only</i>: Open your Bible to a favorite verse or just randomly select one. Read a single verse slowly, twice.</p>	<p><b>3</b> <i>Listening to Scripture: In the morning</i>, read a Bible passage. What is the word that lingers? Carry that word with you throughout the day.</p>	<p><b>4</b> <i>Listening to Scripture: Open your Bible</i> to your daily reading. Read aloud: Hear Scripture with your own voice.</p>	<p><b>5</b> <i>Listening to Scripture: Imaginative Listening</i>: Read one of the parables in your favorite Gospel. Where are you in the scene?</p>	<p><b>6</b> <i>Listening to Scripture</i>: Begin reading the Sermon on the Mount (Matthew 5). Read until you feel some resistance. Sit with the Resistance and reflect on your feelings.</p>	<p><b>7</b> <i>Listening to Scripture</i>: Listen for God’s Character: Ask: “What does this passage reveal about God?” Sit with one quality you notice.</p>
<p><b>8</b> <i>Sabbath Time</i>: Share a cup of tea or coffee with someone. Practice listening without steering the conversation or offering advice. Receive the other as gift.</p>	<p><b>9</b> <i>Listening to One Another</i>: As you listen to a family member (or remember listening), what arose in you – impatience, compassion, defensiveness, tenderness? Offer that honestly to God.</p>	<p><b>10</b> <i>Listening to One Another</i>: Recall a past conversation or meaningful exchange. What did the other person seem to need most in that moment? Where was God in your conversation?</p>	<p><b>11</b> <i>Listening to One Another</i>: After a conversation with a friend or coworker, reflect on how well you listened. Did you interrupt? If so, when did you begin forming a response and why did you do it?</p>	<p><b>12</b> <i>Listening to One Another</i>: After a recent conversation, notice what you carried away: After listening, what stayed with you – words, feelings, questions, or silence?</p>	<p><b>13</b> <i>Listening to One Another</i>: Talk with a friend or family member, in person or by phone. Afterwards, pray about the conversation: Hold the person and their words before God. What prayer emerges naturally?</p>	<p><b>14</b> <i>Listening to One Another</i>: Following a conversation, reflect on what was given to you: What gift was offered through their sharing – trust, honesty, courage?</p>
<p><b>15</b> <i>Sabbath Time</i>: Hold the world before God: In silence, bring to mind places of suffering or concern. Listen for what rises within you: sorrow, hope, longing, or resolve.</p>	<p><b>16</b> <i>Listening to the Cry of the World</i>: Listen to One Story - Choose a single news article or TV report. Listen slowly and attentively, resisting the urge to move on or consume more. Pray about it.</p>	<p><b>17</b> <i>Listening to the Cry of the World</i>: Listen Locally: Become attentive to needs close to home – your neighborhood, community, or parish. What cries are often unheard?</p>	<p><b>18</b> <i>Listening to the Cry of the World</i> Listen to Creation: Pay attention to the wounded places of the natural world – polluted waters, disappearing species, changing seasons. What is creation asking of us?</p>	<p><b>19</b> <i>Listening to the Cry of the World</i>: Listen to Lament: Read a psalm of lament (such as Psalm 13, 22, or 130). Reflect on how ancient cries echo present ones.</p>	<p><b>20</b> <i>Listening to the Cry of the World</i>: Notice What You Avoid: Pay attention to what feels uncomfortable or overwhelming to hear. Reflect on why this particular suffering is hard to face.</p>	<p><b>21</b> <i>Listening to the Cry of the World</i>: Listen to the Body: Notice where you feel the world’s pain in your own body – tightness, fatigue, sorrow. Offer that embodied response to God.</p>
<p><b>22</b> <i>Sabbath Time</i>: Review the week with God. Gently recall moments when you felt heard – or unheard. Offer gratitude, grief, and insight without judgment.</p>	<p><b>23</b> <i>Listening to What Calls Us Forward</i>: Follow Energy: What gives you life today? – not excitement alone, but a quiet sense of rightness or peace.</p>	<p><b>24</b> <i>Listening to What Calls Us Forward</i>: Notice Repetition: Pay attention to what keeps returning to your thoughts or prayers. What may be asking for your attention?</p>	<p><b>25</b> <i>Listening to What Calls Us Forward</i>: Discern in Prayer: In stillness, ask: “What is mine to do?” Listen without rushing toward an answer.</p>	<p><b>26</b> <i>Listening to What Calls Us Forward</i>: Attend to the Next Faithful Step: Rather than the whole path, notice what small, faithful step is being offered now.</p>	<p><b>27</b> <i>Listening to What Calls Us Forward</i>: Listen for Joy -Where do you feel drawn with a sense of gladness, hope, or renewed love?</p>	<p><b>28</b> <i>Listening to What Calls Us Forward</i>: Trust the Unfinished - Release the need for clarity or completion. Rest in the truth that God is still at work.</p>
<p><b>29</b> <i>Sabbath Time</i>: Light a candle. Sit in silence. As we begin Holy Week, imagine yourself in the presence of Christ’s suffering and love. Listen – not for answers, but for what is given in the stillness.</p>	<p><b>30</b> <i>Listening at the Foot of the Cross</i>: Listen Through Art: Engage a poem, painting, or piece of music that arises from the crucifixion. Let it speak before you interpret it.</p>	<p><b>31</b> <i>Listening at the Foot of the Cross</i> Listen with Mary: Read a brief scene of Mary at the cross (John 19:25–27), then sit quietly and notice what it is like to remain present when there is nothing left to do but love.</p>	<p><b>April 1</b> <i>Listening at the Foot of the Cross</i>: Receive the Body’s Wisdom: Observe an image of a cross. Think about Jesus. Pay attention to how your body responds – weariness, sadness, grief. Offer a prayer.</p>	<p><b>2</b> <i>Listening at the Foot of the Cross</i>: Keep Watch: Spend time simply being present with the cross or a simple image of it. Let time stretch without filling it.</p>	<p><b>3</b> <i>Listening at the Foot of the Cross</i>: Listen to the Last Words: Read one of Jesus’ sayings from the cross. Do not interpret or explain. Let the words remain.</p>	<p><b>4</b> <i>Listening at the Foot of the Cross</i>: Enter the Long Silence - refrain from unnecessary noise or media. Let absence speak. At the end of the day reflect on your time of silence.</p>

