

Week Three: Hearing

Key verses: Psalm 19:1-4

Supplies

Option 1 for silent exercise: timer, paper, pencil

Option 2 for instrumental exercise: music, paper, pencil

Read

"Heaven is declaring God's glory; the sky is proclaiming his handiwork. One day gushes the news to the next, and one night informs another what needs to be known. Of course, there's no speech, no words--their voices can't be heard--but their sound extends throughout the world; their words reach the ends of the earth. God has made a tent in heaven for the sun." Psalm 19:1-4

Respond

Option 1:

Using a timer, sit silently outside for two minutes. Write down or share all that you hear. Share or write about ways that the sky shows God's glory during the day and at night.

Option 2:

Choose some quiet instrumental music and listen for all the instruments that you hear being played. Write down or share all that you hear. Describe the feelings you have when you listen to this music. Wonder what it might mean for the sound of this music to be heard throughout the ends of the earth.

Pray

God of all times and all places. God of sight, taste, sound, touch, smell and service. Grant us your grace in this season of Lent as we ready our hearts and bodies to remember Christ's sacrifice and anticipate the celebration of Christ's resurrection. Provide us with better understanding of new life and unity. Bring us into deeper relationships and greater community, springing from the joy and hope that comes from an intentional walk with Christ. Amen.