

# Explore It FOR ME

JANUARY  
SESSION 02

## HOLY LISTENING

 Acts 9:1-15 Saul is converted

Here are some ideas and activities you could do on your own



### Remember

In the session we discovered more about what it means to be a good listener.

Good listeners show:

- ➔ Warmth
- ➔ Respect
- ➔ Empathy

Try to remember what things you can do to make sure that you listen with warmth, respect and empathy.



### Pray

Spend some time listening to what Jesus has to say to you. Find a quiet spot, get comfortable and be ready to listen.

Dear Jesus,  
Help me to listen to you just now. Help my heart and mind to be quiet so that I can hear you.  
*(See if you can sit quietly and listen. Don't worry if you get distracted; it might take a little practice.)*

Thank you that you listen to us, Jesus. Help us to show your love to others by listening carefully.  
AMEN.



### Listen

As you go through the week, try and listen to people with warmth, respect and empathy. Let your group leader know how you got on.



### Write

Write a poem that teaches people to show warmth, respect and empathy when they are listening to others.

### KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

**Kids Alive!** The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

