



# Adult Just Teach Sheet - August Week 2

Theme: *Listening to God in Prayer*

**Whole Community Catechesis Theme (August):** Prayer & Personal Relationship with God

**Goal:** To rediscover prayer as a two-way relationship—where listening is just as essential as speaking.

## Opening Prayer (use at the start of each session/day)

Lord, You are not a distant God.  
 You speak through Scripture, silence, and the events of my life.  
 Help me quiet my heart so I may hear Your voice.  
 Teach me to listen with faith. Amen.



## Day 1 - Prayer Is Not a Monologue

 1 Samuel 3:10

“Speak, Lord, for Your servant is listening.”

### Teaching Point:

Prayer is often mistaken for talking *at* God. But Christian prayer is a dialogue.  
 We may struggle to hear Him—but He still speaks.  
 Listening to God requires not special skills, but attention, humility, and practice.

### Catechism Reference:

“Prayer is the response of faith to the free promise of salvation... always presupposing a listening heart.” (CCC 2562 - 2567)

### Reflect or Discuss:

Do I ever pause in prayer, or do I move quickly from request to request?

What might God want to say to me if I gave Him the chance?

### Practice:

Before you speak in prayer today, simply say:

“Speak, Lord, I’ m listening.”  
 Then be still for 2 minutes. Let that silence be part of your prayer.

## Day 2 – God Speaks in Many Ways

### Hebrews 1:1–2

“In many and various ways God spoke… but in these last days He has spoken to us by His Son.”

### Teaching Point:

God speaks not only through Scripture, but also:

In the **silence of prayer**

Through **conscience**

In **unexpected moments**

In the voice of others

But the Church teaches clearly: Jesus Christ is the fullness of God’s revelation.

### Catechism Reference:

“Christ… is Himself the fullness of all revelation.” (CCC 65)

“The Holy Spirit… recalls everything Christ has said.” (CCC 1099)

### Reflect or Discuss:

When in my life has something unexpected felt like a message from God?

Do I expect God to speak only in dramatic ways—or am I open to the subtle?

### Practice:

As you go about your day, say:

“Lord, help me notice You.”

Write down anything that catches your attention spiritually.

## Day 3 – Listening Through Scripture (Lectio Divina)

### Luke 10:39

“Mary sat at the Lord’s feet and listened to what He was saying.”

### Teaching Point:

In Catholic tradition, we read Scripture not just for information but for **encounter**.

The Church calls this method *Lectio Divina*—“Divine Reading”:

**Read** – slowly and attentively

**Meditate** – notice what strikes you

**Pray** – respond to God

**Contemplate** – rest in God’s presence

### **Catechism Reference:**

“The Church forcefully and specifically exhorts all the Christian faithful… to learn the surpassing knowledge of Jesus Christ by frequent reading of the divine Scriptures.” (CCC 133)

### **Reflect or Discuss:**

When I read Scripture, do I listen for God—or just look for ideas?

Have I ever let a single verse become a prayer?

### **Practice:**

Try *Lectio Divina* with Luke 10:38–42.

What word or phrase stood out?

Ask: “*Lord, what are You saying to me today?*”

## **31 Day 4 – Silence Is the Language of God**

### **1 Kings 19:11–12**

“The Lord was not in the wind, or earthquake, or fire…  
but in a still, small voice.”

### **Teaching Point:**

In a noisy world, silence is countercultural—but essential for spiritual growth.

God does not force His voice upon us. He waits for us to make space.

The Saints called silence the “**language of God.**”

### **Catechism Reference:**

“Contemplative prayer is silence, the ‘symbol of the world to come’ or ‘silent love’ .” (CCC 2717)

### **Reflect or Discuss:**

Do I create intentional silence in my day—or do I avoid it?

What happens internally when I sit quietly in prayer?

### **Practice:**

Spend 5 minutes today in silence before the Blessed Sacrament, a crucifix, or simply in a quiet space.  
Let your prayer be:

“Lord, I desire to hear You.”

## Day 5 - Learning to Discern God's Voice

### John 10:27

“My sheep hear My voice. I know them, and they follow Me.”

### Teaching Point:

Over time, we begin to recognise God's voice more clearly.

It leads to peace (even when it's challenging), truth, and love.

The Church, Scripture, and prayer all help us **discern** what is truly from God.

### Catechism Reference:

“The Christian must discern between the voice of God and other voices...”  
(cf. CCC 1777 – 1782, 2690)

### Reflect or Discuss:

When I sense a thought or direction, how do I test if it's from God?

Does it lead to truth, peace, and love—or confusion and fear?

### Practice:

Ask God directly:

“Lord, help me know what's from You.”

Then journal what comes to mind. Review it later with Scripture or a trusted guide.

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## End of Week Reflection

### Personal or group journaling questions:

Where was I most aware of God's presence this week?

What distracted or discouraged me from listening?

What helped me slow down and listen more deeply?

What prayer habit do I want to continue or begin next week?

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## Practical Insight: How Do I Know It's God?

God's voice:

- ☒ Is consistent with Scripture
- ☒ Brings peace, clarity, and conviction
- ☒ Never contradicts Church teaching
- ☒ Builds love, trust, and truth
- ☒ Does not shame, confuse, or pressure you into fear

If in doubt, bring it to confession, spiritual direction, or a trusted priest.