

TAB TAKE OUT MENU

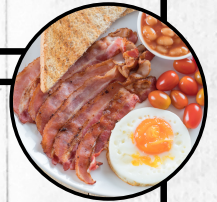
Sunday March 19th, 2023

SERIES - RESETTING THE SENSES WK 4 - HERE TO HEAR

THE BREAKFAST SPECIAL

PUT IN YOUR HEARING AID

- REVELATION 2&3 REPEATS THE REFRAIN, "WHOEVER HAS EARS TO HEAR, LET THEM HEAR WHAT THE SPIRIT IS SAYING...". START EACH DAY THIS WEEK WITH THIS SIMPLE PRAYER ASKING THE HOLY SPIRIT TO "OPEN MY EARS TO CLEARLY HEAR YOUR VOICE AND THE VOICES OF THOSE AROUND ME."



THE MEATY LUNCH (OR SECOND BREAKFAST)

STEP 1

- ADMIT THAT YOU HAVE A HEARING PROBLEM. YOU MAY NEED TO ASK SOME PEOPLE AROUND YOU, "DO YOU FEEL LIKE I REALLY LISTEN WELL?" - ARE YOU ACTIVELY LISTENING TO GOD? IF NOT, WHAT COULD YOU BE MISSING?
- **READ MATTHEW 13:10-17.**



DINNER SPECIAL FOR TWO

LEAN IN (THERE ARE TWO PARTS TO THIS ONE)

1. TAKE SOME TIME (15-30MIN) IN A SPACE WITH AS LITTLE SOUND AS POSSIBLE. (TRY WEARING SOME EARPLUGS.) AFTER THAT, FIND A SPOT TO SIT OUTSIDE AND TRY TO "TUNE YOUR EAR", AND DISTINGUISH AS MANY SOUNDS AS POSSIBLE.
2. CONNECT WITH SOMEONE CLOSE TO YOU THIS WEEK. CARVE OUT SOME TIME IN A QUIET PLACE WHERE YOU WON'T BE INTERRUPTED. TURN OFF YOUR PHONE AND ASK THEM TO SHARE AS MUCH AS THEY CAN ABOUT HOW THEY ARE DOING IN THIS MOMENT/SEASON. ASK ABOUT THE STRUGGLES AND THE GOOD THINGS.
 - RESIST THE URGE TO OFFER SOLUTIONS OR CRITIQUES... JUST LISTEN.
 - WHEN THEY HAVE FINISHED, PRAY A SIMPLE PRAYER OF BLESSING. TRY NOT TO PRAY "YOUR SOLUTIONS" INTO THE SITUATIONS. (IF YOU ALSO HAPPENED TO HEAR AN ENCOURAGING WORD/THOUGHT FROM THE HOLY SPIRIT, SHARE IT AS SHORT AND AS SUCCINCTLY AS POSSIBLE.)

