

## PRACTICE 3: DWELLING

### 15 MINUTE EXERCISE

The 5-minute Exercise can easily be elongated to 10 or 15 minutes by simply following more of the steps in the full practice. The longer one spends and the more one articulates and expresses about what you find in the text, the more confident the group become in 'dwelling' in a text and in waiting, noticing and wondering.

#### **Dwelling in 15 minutes – How to:**

Undertake all 11 steps of 'dwelling, the full practice'

#### **'Rules' of Dwelling – the 'full' practice**

1. Gather as a community and 'take a deep breath' to prepare to enter a quiet listening environment.
2. Remind participants that their role is to listen to and notice a word or phrase from the text.
3. Pause and still.
4. Read the scripture. Slowly.
5. Hold silence for a few moments.
6. Read the scripture again. Slowly. (Can be a different voice).
7. Pause again.
8. Get together in pairs and listen to your partner as he or she tells you what they noticed, liked best or wondered about the scripture. Pay attention to what they say, you'll be sharing what you heard into a bigger group in a few moments. Taking notes is allowed if it helps!
9. Swap and share so each person speaks and listens.
10. Join up with another pair and each person shares what they heard their partner say. Each contribution is valued even if it sounds 'unusual, silly or slightly inappropriate'.
11. Once each person has shared what they heard in the quartet you could consider joining back into one big group and inviting participants to share something they heard that particularly struck them. This gives an opportunity to gather group reflections over the course of time and see what themes emerge for the group as well as for individuals.

We suggest using one of the worksheet scriptural texts, printed out for each participant. You'll notice the spacing of the text which enables words to be circled or underlined with plenty of spaces to write or draw ideas, questions, thoughts and things noticed about the text.