

## PRACTICE 3: DWELLING

### DWELLING – THE 5 MINUTE EXERCISE

#### 1. Why?

To begin to be comfortable with slowing down, listening to, and noticing within a Scriptural text.

To grow in confidence that even in a short time frame, space can be created for profound noticing and wondering.

To begin to encounter a way of being with and in Scripture that isn't about knowing the right answer or having lots of background knowledge about the subject.

Instead, the emphasis is on letting individual words or phrases resonate with you and then wonder why. Christians believe that this is often how God communicates with us through the Holy Spirit. Pay attention to the words and the way you respond to them.

#### 2. Teacher Instructions

Dwelling in 5 Minutes – How to:

Undertake steps 1-8 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. Read the Scriptures for a third and/or fourth time (on the last time read by reader 1 again).
9. Get together in pairs and listen to your partner as they tell 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!
10. Swap and share so each person speaks and listens.
11. 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.
12. 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 will notice the spacing of the text in each worksheet 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.

### 3. Script

*I invite you to sit up, to centre yourselves as we have done with the other practices. (pause)*

*Smile, breathe and make eye contact with each person in the group.*

*In this session we are going to practice 'Dwelling in the Word' together. Give each person a sheet with the text on and a pencil. We're going to hear a piece of Scripture read out twice. As you're listening pay attention to the word or phrase that attracts your attention. You don't need to know or analyse why your attention is drawn to that phrase, but the reason could be very clear to you. Wonder about the word or phrase. What do you notice about it? Does it remind you of another story, song, Scripture or picture?*

**PAUSE**

*After a pause I'll invite you to find someone else and in your pair, you're going to give each other the gift of listening. Share together what each of you noticed. Do have a conversation about it if you'd like too! Do pay attention to what your partner shares because I'll be asking you to tell the group what you heard your partner say. But first, let's gather ourselves ready to listen to the scripture.*

*Would anyone like to read the text out for us? We need two readers. Thank you [name], you read first, and [name] you go second after a pause. If you're not sure how long the pause should be you can count to 30 or look at me for a signal.*

*PAUSE then reader 1.*

*PAUSE for 1 minute, then reader 2.*

*PAUSE for 1 minute, then reader 3.*

*PAUSE for 1 minute, then return to reader 1.*

*So, I invite you to find a partner and share what you each noticed, remember to listen well, and pay attention so you can share what you hear. You can write some notes down if it would help.*

*Give time for each person to share in the pair*

*Smile, breathe and make eye contact with each person in the group*

*Thank you for participating.*