



Listening Activities for Your Small Group

Listening Activity 1 LISTENING CHECKS

Time: 10 minutes before your closing activity or prayer is scheduled

The point: Practice listening to one another. This can be done at the end of every small group, if you wish.

Say:

Starting with the person whose birthday is closest to today, we are going to go around the circle and each of you will say one thing someone else said that stood out to you.

Listening Activity 2 LISTENING DYADS

Time: 15 minutes

The point: Practice articulating how we experience God in our own lives and active listening

Before the activity: Choose one of the following prompts for your youth to discuss:

- When was the first time you remember experiencing God in your own life?
- When was a time in the last year you experienced God?
- What is the most significant religious experience you have had in your life?
- Why are you Catholic today?
- What is the most important thing that has ever happened to you?

Say:

Partner with someone in the group you don't know very well. You are each going to have an opportunity to share a story about yourself with your partner, but there are a couple catches:

Each person will have 5 minutes to share. You must try to fill the entire 5 minutes. Sometimes we get uncomfortable talking about God so we cut things short. Resist this temptation.

While one person is speaking, the other person cannot say anything. Nothing. You may only listen.

When one person finishes sharing, the other person may only speak to ask questions. You may not insert your own opinions or stories at this time.

I will have a timer and I will let you know when it is time to switch. There is no need to look at your own phone.

After the Activity, ask:

- What was the most interesting thing you heard your partner share?
- What was it like to be listened to and not be interrupted?
- What was it like listening to someone knowing you could only ask questions at the end?
- Was it harder to speak uninterrupted for 5 minutes or listen without interrupting for 5 minutes? Explain.