

## Prayer Bench Group Spiritual Practice

Here is a short Sacred Reading process for a Group Spiritual Practice.

1. Each participant will read the story assigned **silently** and imagine you are hearing it for the first time.
2. **Notice** a word or image that resonates for you, stirs you or catches your attention.
3. **Share** your word or image with your group. This is not the time for a long conversation. Just offer the word with a sentence or two.
4. Read the story **aloud** in your small group.
5. Take a few minutes of silence to **recall** a brief story of how this story touches your experience, raises a memory, or reminds you of a news story today.
6. **Share** your stories in your group. What is it about this story that resonates with something in your experience? What part of this story reminds you of an experience you had in your life or in the life and work of your community of faith? In what ways does this story touch upon recent headlines or news stories?