

# I listen to what you say. I show I am listening to you.

I'd like to invite you to either look at the flame on the candle or close your eyes



I want you to **listen** very carefully to all the sounds around us.  
What can you hear?

In our gospel reading today God asks us to listen carefully to Jesus.



Despite the noises around us we can still find a place deep inside of us where it is quiet and peaceful and that is the place where we can really listen to Jesus.

For a few moments now listen carefully and through your thoughts and feelings you will find a message from Jesus.