

WALK'N'TALK

A Walk'n'Talk is an opportunity for two people to spend time **listening** to each other and to God in a structured way, ideally on a regular basis – in order to help us grow as Christian disciples.

We take it in turns to explore questions such as:

What has God been doing in my life since we last met?

What does God seem to be doing at the moment?

How am I responding to God?

We invite each other into our world; we open up to one another; we trust one another.

Some 'holy ground rules'

We divide the time equally – perhaps 20 minutes each. (Or if we're walking from A to B and back,

we might divide the time into 'outgoing' and 'incoming'.)

The person talking is responsible for themselves and how they use the time.

As listeners, we give our whole attention to the other person and to God, and try to listen with all our heart and soul and mind and strength.

We do not try to give advice or solve each others' problems.

We may agree to remind one another of certain key questions (perhaps as above), if necessary.

We keep the content confidential.



WALK'N'TALK

A Walk'n'Talk is an opportunity for two people to spend time **listening** to each other and to God in a structured way, ideally on a regular basis – in order to help us grow as Christian disciples.

We take it in turns to explore questions such as:

What has God been doing in my life since we last met?

What does God seem to be doing at the moment?

How am I responding to God?

We invite each other into our world; we open up to one another; we trust one another.

Some 'holy ground rules'

We divide the time equally – perhaps 20 minutes each. (Or if we're walking from A to B and back,

we might divide the time into 'outgoing' and 'incoming'.)

The person talking is responsible for themselves and how they use the time.

As listeners, we give our whole attention to the other person and to God, and try to listen with all our heart and soul and mind and strength.

We do not try to give advice or solve each others' problems.

We may agree to remind one another of certain key questions (perhaps as above), if necessary.

We keep the content confidential.

