



Checking In & Listening

The Power of a CO2 (Church of Two)*

Jesus established “two coming together” as a foundational principle of the Church ([Matt. 18:19-20](#)). He bared His soul to His friends and sent His disciples in pairs. The idea of “churches of two” (CO2s) highlights the intimacy and collaboration central to the Christian journey. Discipleship means following Jesus, embodying His love, and helping others grow ([Matt. 28:18-20](#), [Jn. 13:34-35](#), [Eph. 4:11-16](#)). CO2s enable mutual devotion and vulnerability, meet practical needs, and foster deep connection.

Key Practices in CO2s:

1. **Checking In – Sharing on a Heart Level** - In CO2s, we share our emotional states honestly (e.g., using SASHET: Sad, Angry, Scared, Happy, Excited, Tender). We listen without trying to fix or advise, offering presence and empathy instead. This practice trains us in the art of *presence*, and deepens connection and trust.
2. **Listening Prayer – Conversing with Jesus** - Life flows from listening to God. After checking in, we pause, acknowledging God’s *presence*, and ask Him to speak into our emotions. Whether through words, images, or quiet insight, we listen expectantly and share what we hear (e.g., using SIFTS: Senses, Images, Feelings, Thoughts, Scriptures/Songs/Stories). This strengthens our relationship with God and each other.

Core Principles for CO2s:

1. **Daily Rhythm** - CO2s work best when practiced as close to daily as possible. This builds consistent, transparent connections that help us remain grounded in faith.
2. **Keep It Small** - Vulnerability thrives in small groups. Exposing our hearts is easier and more effective in intimate CO2s (or 3s), allowing relationships to grow naturally over time.

Responding with Care

Instead of jumping in to fix or offer advice, we focus on being present. When emotions are heavy or *listening prayer* results seem unclear, we ask gentle, curious questions. We offer to pray together or listen further. It’s crucial to let the person lead their own journey with God.

Filters for Listening Prayer

To assess whether what we hear aligns with God's truth, we apply these filters:

- **Word Check:** Does it align with Scripture, our Holy Litmus?
- **Head Check:** Is it influenced by personal biases or prior knowledge?
- **Heart Check:** Does it resonate inwardly, leading toward peace and joy?
- **Community Check:** How does it resonate with our trusted others?

A Final Encouragement

These practices are a journey that requires time and patience. CO2s are a space for growth, connection, and the development of God’s attachment love within relationships. The fruit of this labor is life-changing, strengthening the Church Jesus envisioned.

Looking for more? [Checking In and Listening - FULL VERSION](#)