



HEARING GOD

HOW TO CONNECT IN A WORLD OF CHAOS

WEEK ONE: LISTENING IN RELATIONSHIP WITH GOD

Prayer is a living conversation with a loving God, which means that we must listen as well as talk. **Pete Greig**

Jesus lived in eternal relationship with God the Father and God the Holy Spirit, so it was natural that when he took on flesh and dwelt among us (John 1:14) he would pray. Over and over, we see Jesus praying.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. **Mark 1:35**

Prayer is central to being in relationship with God. Prayer means that we talk and listen to God but listening can be hard when we can't see God.

Here is a simple practice to begin the journey of Listening Prayer in a posture of relationship with God.

REMINDERS AND CAUTIONS BEFORE ENTERING INTO LISTENING PRAYER:

- ▶ We can hear God in a variety of ways (Scripture, images or ideas that come to mind, what seems to be a nudge from his Spirit) but anything we think we hear will align with the truth of God revealed in Scripture.
- ▶ Listening Prayer affirms, confirms, and encourages us in the truth of God and what the Scripture tells us is true of us.
- ▶ God speaks to us in kindness, patience and love. He is unhurried. He will never embarrass, shame, or harm you in this process. He loves you and he is for you.
- ▶ As you discern God's voice, invite trusted mentors and friends to pray for and with you.
- ▶ Be humble and receptive to the reality that you may get it wrong sometimes. That's okay. God delights in your desire for intimacy and conversation with him.

LISTENING PRAYER IN RELATIONSHIP WITH GOD

The desire of this time isn't to seek guidance from God but to simply enjoy relationship with God. In this practice of Listening Prayer seek to hear what God says about himself and what he says is true of you.

► **Still and Quiet Yourself before God** // *Here are some ways to put yourself in a posture of listening:*

- Aim to be in a comfortable place that does not have a lot of distractions.
- Write all the distractions into a journal or on a piece of paper to get them out of your mind but not ignored. As you write the distractions circle any that you think God might want to speak to you about today.
- Begin with a breath prayer (Breath In: God – Breath out: I want to know you)

► **Ask** // *Speak to God about your desire to know him and to be known by him.*

► **Slowly Read through Psalm 103**

- After you have read it through 2-3 times, circle or record words that stand out to you.
- Linger over the word or words you identified.

► **Ask God to Speak to You and then Pause and Listen**

- Pray: Father, what do you want me to know about you today?
- Pray: Father, what do you want me to know about how you see me today?
- Be silent for at least one minute. It can help to set a timer (seek to increase the time that you are silent and listening).
- Record what you believe you hear.

► **Seek to Live into the Truth You Heard**

- Pray: Father, what do you want me to do today?

► **Worship**

- Tell God what you love about him, why you are thankful for your relationship with him.

OTHER HELPFUL PASSAGES While the whole Bible reveals who God is and speaks to your identity here are some passages that are particularly explicit.

Psalm 139

Psalm 29

Exodus 3-4

Isaiah 40:18-31

Luke 3:21-22

John 1:1-18

John 6:66-69

John 13:1-17

John 15:1-17

Romans 8

Ephesians 1:3-14

Philippians 2

Colossians 1:9-23

