

Listening prayer

Set aside 10-20 minutes to bring yourself to a place of stillness. Sit or walk and pray.

Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth. Psalm 46:10 (NIV)

Exercise the authority of Christ over all the other voices that speak to you. Breathe deeply, slowly, helps focus on God. Spend time in worship – songs/hymns.

Submit yourselves, then, to God. Resist the devil and he will flee from you. James 4: 7 (NIV)

Ask Jesus to come and make his presence real for you.

Hasten, O God, to save me; come quickly, Lord, to help me. Psalm 70: 1 (NIV)

Ask Jesus to search your heart.

Search me O God and know my heart; try me and know my anxious thoughts; and see if there is any hurtful way in me, and lead me in the way everlasting. Psalm 139: 23-24 (NIV)

Ask Jesus to speak with you and open your spirit to hear.

Speak Lord, for your servant is listening. 1 Samuel 3: 10 (NIV)
When God called out to Moses from the burning bush, Moses said, 'Here I am'. Exodus 3:4 (NIV)

Wait in silence to hear God.

Truly, my soul silently waits for God. Psalm 62:1 (NKJV)

Journal the thoughts that come to your mind. When God communicates with us, it's good to write it down and reflect. Writing and journaling is a helpful way to reflect on your walk with God.

Learning to listen to God is a process that can start awkwardly and grows slowly. If it is new for you, persevere and ask God to help - take the time to reflect on your experience.

