

Daily Listening Prayer Exercise **Let's Practice!**

What is listening prayer?

In the midst of our own way of processing and reacting, listening prayer allows us to _____ and let God into our personal reflection.

Why is listening prayer important?

It helps us to _____ through the Holy Spirit among the many other voices trying to influence our decisions, emotions, behaviors, and lives. It invites us into God's place of greater freedom He wants for our lives.

How do we practice listening prayer?

Jesus is our example for listening prayer:

“...I do nothing on my own, but speak just what the Father has taught me. The one who sent me is with me; he has not left me along, for I always do what pleases him.” | John 8:28-29

Listening prayer begins with _____.

It's about learning truth of God and our identity in Him:

- We are his beloved
- He has a plan and purpose for our lives
- He is good
- He will never leave nor forsake us

How does God speak to us through listening prayer?

The Bible	-picture or vision
Audible Voice	-words
Angels	-dream
Holy Spirit through:	Through other people
-feelings (a sensing emotional, physical)	Creation/nature

How do we know it's God's voice?

God speaks to _____.

Ask yourself: *Does this resonate with me and does this align with God's character that I see in His word?*

1. Invite God's presence

Take time to clear you head and heart of any noise.

2. Take a posture of gratitude and praise

Praise God for who He is and things you can be grateful for in your life

3. Ask God, "What do you want to reveal to me today?"

If something has been pressing on your mind, ask God what he wants to reveal about that specific situation, thought, emotion, etc.

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4. What did God reveal?

It could be a verse, picture, word, person, sound, a sense, etc. It doesn't have to make sense right now, so don't dismiss it. Draw it or write it down:

5. Ask God to reveal an interpretation.

What emotions or thoughts are coming up? How does what you received make you think or feel? Why do you feel or think that way? Take time to receive and sit, the interpretation may not come right away. Press in.

6. Ask God to reveal the application.

How can this be applied to your life? What is God revealing through this? It could be a conviction, a word of encouragement, an action, etc.

7. Close your prayer with thanksgiving.

Praise God for who he is. If ever you feel stuck during part of this prayer. Invite his presence and praise him! He is always with you!