

## Session 2 Notes: Listen Up!

### God's Deepest Desire

YOU - you are God's deepest desire. Our deepest desire, when we are aligned with the heart of Jesus through His Spirit, is to know God personally; not just know *about* Him.

God is a person who desires a real personal relationship with us. A relationship between people must involve *two-way communication*. The problem is while some people have developed good rhythms of talking to God, many of us have not developed a good habit of listening to Him.

Hearing God is often a missing piece, and many discipleship processes do not spend enough time practicing this.

### Matthew 17:5

*"This is my Son, whom I love; with him I am well pleased. Listen to him!"*

### Matthew 5:8

*"Blessed are the pure in heart, for they shall see God."*

### Jn. 10:2-5, 14-15

What do we learn in these verses about God's voice?

## How Can I Hear God's Voice?

### My Sheep Know My Voice (John 10:27)

What IS God's voice?



**It can *sound* like an actual voice.** Young Samuel heard God's voice; it sounded like a real person. He thought it must be Eli (1 Sam.3). Sometimes His voice comes through someone else. God can send you a message from many different messengers, and it will come right to your ears.



**It can *look* like normal life circumstances.** God is never still and never silent, but we often do not recognize Him in our everyday lives. We face coincidences, situations, story-lines, and even have dreams every day that may be God speaking to us.



**It can *feel* like stirrings in your mind and heart.** An inner voice in the form of thoughts, scenes and sentences. The inner voice speaks to a hearing heart in ways similar to our own inner self-talk.

God never stops moving or speaking - He doesn't sleep (Psa. 121:4). This means God speaks to us every day *as we are going through the day*. He is directing us, encouraging us, teaching us, comforting us, correcting us - whatever is needed. There is no special place or "frame of mind" we have to be in to hear God's voice, but we do have to have our ears open (Rev. 2:7).

However, in our daily noise and distractions, it can be hard to hear God's voice, especially when He whispers. Sometimes the Lord will speak this way so we take action to remove the distractions and listen more carefully.

Here are some suggestions for doing that:

1. **Quiet** yourself from distractions.

Remove noise (in the room and in your mind). Sometimes this means going somewhere out of the ordinary for a day retreat, or it may simply be a quiet room in your home.

2. **Set** the eyes of your heart on Jesus.

Take the eyes of your heart seriously. Although hard to describe, it's coming before Jesus with our whole being. You may use Scripture reading, music, or silence to focus your attention on Jesus. Pray and ask the Holy Spirit to guide your mind to Christ.

3. **Listen** to your spontaneous thoughts.

God speaks within a flow of spontaneity when we are tuned in to His Spirit and have our eyes fixed on Him. It may seem like your own thoughts at first, but let Jesus have them.

4. **Acknowledge** your emotions and heart's desires that surface.

The Lord will use your emotions and ambitions to guide you when they are surrendered to Him. He will put His desires in your heart so they become yours (Psa.37:4)

5. **Write** out the flow of thoughts and visions within you.

Journaling what God is saying to us helps us to remember it, as well as articulate it all. Then we have a record of God speaking, which can be very encouraging in "down" days.