

## Hearing God How To Improve Your Ability To Listen

### 1. Believe He \_\_\_\_\_

**John 10:4-5** *When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice.*

**Psalms 106: 13** *They wouldn't wait for his counsel.*

### 2. Ask God to \_\_\_\_\_

**John 10:27** *My sheep listen to my voice; I know them, and they follow me.*

### 3. \_\_\_\_\_ to God all day long

**Colossians 3:2** *Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.*

- Take time to \_\_\_\_\_
- Develop a \_\_\_\_\_: no speeches

### Key: Be willing to obey Him \_\_\_\_\_

**Luke 6:49** *But anyone who hears and doesn't obey is like a person who builds a house right on the ground, without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins.*

### 4. Do it \_\_\_\_\_

**Acts 13:22** *I have found David son of Jesse a man after my own heart; he will do everything I want him to do.*

- I am doing this to know you better
- I am doing this because your will matter more than mine
- I am doing this to be your servant in this world
- I am doing this to bring glory to your name

## The Four Levels Of Hearing And Experiencing God

**Level 1 - Blind Faith:** You believe God is present but never recognize or experience it.

**Level 2 - Awareness of God's Presence:** You occasionally sense God's presence but may not yet recognize patterns of His activity.

**Level 3 - Recognizing and Interacting with God:** You not only see God at work but begin responding—through obedience, trust, or seeking His guidance.

**Level 4 - Conversational Relationship:** You engage in a two-way, ongoing interaction with God—experiencing direct communication, leading, and friendship. You recognize when God is speaking through Scripture, prayer, promptings, and circumstances.

### The GPS Experiment

Set an alarm on your phone to go off at the top of each hour. Then, turn your attention to God and say these 3 things:

**God focus:** Imagine God is saying, "What do you need from me?"

**Matthew 11:28-29** *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."*

**Purpose:** Remember why you are here. To do His will on earth. Tell Him you are willing to do His will.

**John 6:38** *For I have come down from heaven, not to do my own will but the will of him who sent me.*

**Serve:** *What would you like me to say or do in this moment?*

**John 15:8** *This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.*

In every conversation, I want to speak the words of God.

In every relationship, I want to show the love of God.

In every decision, I want to choose what God wants.

### Things that will damage the connection:

- Distractions: Is something on your mind more than Jesus?
- Disobedience: Are you truly willing to obey Him?
- Bitterness: Bitterness is poison to your soul.

## Scripture Engagement

- **Listen to an audio Bible** while commuting or doing chores.
- **Memorize one verse per week** and repeat it daily.
- **Write down a key verse from your daily reading** and carry it with you.
- **Read a Psalm or Proverb every morning** to start the day with God's wisdom.
- **Use the "Bible in One Year" plan** to systematically engage with Scripture.
- **Write Scripture on sticky notes** and place them around your home or office as reminders.
- **Pray through a passage of Scripture**, turning it into a conversation with God.
- **Put the Youversion app** on your phone and set it up to send you a verse every day.

## Prayer Practices

- **Set an alarm for a mid-day prayer break** to pause and reconnect with God.
- **Pray out loud during your daily walk or drive.**
- **Use a prayer journal** to record daily prayers and insights.
- **Pray for someone specific each day**—a coworker, friend, or neighbor.
- **Pray before every meal**, not just out of habit, but with intention.
- **Try breath prayers**—short prayers you can repeat with deep breaths (e.g., "Jesus, lead me today").
- **Ask God one question each morning** and be attentive throughout the day for His response.
- **Use your Youversion app** to set up a reminder to pray.

## Worship and Reflection

- **Listen to worship music** instead of regular radio or podcasts.
- **Sing a worship song every morning** as part of your routine.
- **Keep a daily gratitude list**, thanking God for at least five things.

- **Take a moment before bed** to reflect on where you saw God working during your day.
- **Go outside and spend five minutes in silence**, simply soaking in God's presence.
- **Start a "God Sightings" journal**, noting where you've seen God at work.

## Slowing Down and Creating Space

- **Turn off notifications** for 30 minutes a day to focus on God.
- **Take a five-minute silence break** at the start or end of the day.
- **Observe a social media fast** for an hour each day to focus on prayer.
- **Drive without distractions**, using that time to talk with God.
- **Have a tech-free evening** once a week to foster more stillness.
- **Practice Sabbath moments**—mini breaks throughout the day where you pause and acknowledge God's presence.
- **Send an encouraging text each day**, asking God who needs to hear from you.
- **Pray for the people you interact with**, whether at work, school, or the grocery store.
- **Do one small act of kindness daily** as a way of embodying God's love.
- **Ask God to show you someone in need** and take action to serve them.

Pick one new one from each category and start this week.