



How to Do Listening Prayer

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WHAT: Listening Prayer is a loving, simple conversation with the Father, Son and Holy Spirit. Learning the beautiful skill of Listening Prayer allows one to communicate with God on a deeper, more personal level. By engaging in Listening Prayer with the Lord, we allow our relationship with Him to grow and develop into a two-way conversational friendship.

Listening Prayer is a unique tool that can be practiced individually, with a partner or as a group. It is a great addition to your morning devotions and can be achieved in any amount of time from 10 minutes to hours on end. It is up to you and your schedule.

PART 1: ALIGN WITH THE RIGHT VOICE

1- To get started, grab a pen/pencil, journal, self or friend and a nice quiet space (with minimal distractions and a spot where you can be physically comfortable).

2- Before engaging in Listening Prayer, it is important to distinguish and clarify what voice we are listening to. According to Ephesians 2, there are 4 voices that we typically can experience while praying (we will learn how to discern these later on in the process):

- God – the Father, Son, and Holy Spirit
- World – voices of others
- Self – our own internal thinking, desires and rationalizing
- Evil one – Satan

So how do we address these other voices so we can clearly hear God's voice? WE PRAY AND ASK FOR JESUS' HELP.

Here's an example prayer:

"Lord Jesus Christ,

In this moment, I surrender myself to You the best that I know how, especially my own thoughts and voice. Please silence the voices of other people and the enemy on my behalf. Please bind up and remove all that is not of You, from me and this place. I ask for Your complete protection now, especially the full Armor of God to be placed upon me and the blood of Jesus Christ to wash over this time. Please cleanse me of all sin and align me to Your Holy Spirit. Guide me in truth I pray, in Jesus' holy name, Amen."

This is the first and most important step in this process. It is imperative we align ourselves with the right voice when asking questions. This initial covering prayer also ensures us the freedom and confidence to know that we are engaging with the truth and God Himself.



PART 2: ASK THE LORD QUESTIONS

Once we have prayed and completed the first step in the practice of

Listening Prayer, it is time for the second step of asking the Lord questions. These questions can be as simple, general or as specific as your heart desires.

You can determine them in advance or in the spur of the moment and be sure to write them down.

Here are some example questions to ask God:

- Jesus, how do You see me?
- What would You like to say to me in this moment?
- Jesus, what are You doing in this situation?
- What would You like to show me or teach me about this?
- Lord, where are You in this circumstance?
- Lord, what are the next steps in this matter?
- What else? Show me more.

PART 3: PRAY IT ALOUD

Once you've determined your question for God, move to the third step and pray it aloud.

PART 4: LISTEN FOR RESPONSE

Fulfill the fourth step in listening for His response by pausing and paying attention to what comes to your mind or senses.

Here are some tips as you listen:

- Immediately, write down the first thing you hear, see, sense, etc.
- Do not filter or dismiss what you receive, no matter how random or silly it might seem.
- Avoid adding to or interpreting what you sense. Keep to the exact message you discern.



PART 5: DISCERN GOD'S VOICE

Once you have gone through the process, take the 5th step and test what you received by lining it up with the voices we learned about earlier and ask:

- Is this God?
- Is this the World/Others?
- Is this Myself?
- Is this the Evil One?

Dear friends, do not believe every spirit, but test the spirits to see whether they are from God... (1 John 4:1)

How to discern if it's **God's Voice**:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2

As you reflect on what you received during Listening Prayer ask the following questions to test if it is God's voice:

- Does what you sense align with Scripture? God will never say anything to you that contradicts His Holy Written Word. That's why it's important to read and know the Bible. Study what is true, so you can discern what is false!
- Does what you sense align with God's Character and His Purposes? How does the Bible describe His character? Look at the Fruit of the Holy Spirit in Galatians 5 or even the Love passage of 1 Corinthians 13 - these both reveal God's character.

How to discern if it's the **World/Others**:

- Does it contradict God's Word and His character?
- Does this align with your societal or cultural mindset(s) or practice(s)?
- Is this something you've heard or seen recently through ungodly media?

How to discern if it's **Yourself**:

- Does it contradict God's Word and His character?
- Is this your desire from a human level?
- Does it sound fearful, conflicting, condemning or self-centered?



How to discern if it's the **Evil One**:

- Is it deceiving, condemning, judgmental, confusing, nagging, tormenting?
- Does it contradict God's Word and His character?

<u>God's Voice</u>	<u>Evil One's Voice</u>
Stills you	Rushes you
Leads you	Pushes you
Reassure you	Frightens you
Enlighten you	Confuses you
Encourages you	Discourages you
Comforts you	Worries you
Calms you	Obsesses you
Convicts you	Condemns you

PART 6: ASK THE HOLY SPIRIT FOR GUIDANCE

Once you have determined the voice you are listening to, if it's not God, set it aside. If it is God, pray about it and ask the Holy Spirit to guide you in how to respond.

PART 7: END LISTENING PRAYER WITH QUOTE

It's appropriate to finish this portion of Listening to God with the following quote by Susan Klemond,

“As we listen for the Holy Spirit's whispers and try to act on them, we can trust that He is transforming us and making us holy in the way He knows is best for us. St. Augustine reveals this trust in his famous prayer:

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.”



ADDITIONAL QUESTIONS YOU CAN ASK GOD

- Jesus, how do You see me?
- How do You see me in this situation?
- What can You tell me about this circumstance?
- Lord, is there a Scripture, word or vision You can give me regarding this matter?
- Jesus, what are You doing in this situation?
- Lord, how can I partner with You regarding this matter?