



## Communicating With God -3 week practice-

### WEEK ONE

We are developing an ear to be sensitive to the still small voice of God that speaks to us through our thoughts using Words, Pictures, and Visions. Each day this week during your time with the Bible, instead of simply reading the text, engage it through communicating with God as well.

#### 1. Pray

Ask God to guide you into receiving His Word with a fresh heart.

Prepare your heart to be receptive to whatever God is wanting to illuminate to you. Practice being still and quiet for a moment before you move on.

#### 2. Read

Pick a passage from scripture and read it 3 times through, asking God something unique each time.

After the first reading: "God, what specifically are you highlighting in this passage?"

After second reading: "What do you want me to see or hear from this?"

After your third reading: "How can this connect with my life?"

#### 3. Journal

Write down what you sense (unedited).

Each day this week, look back on the previous day and keep your heart and mind open to any running themes. It's important not to be your own judge in this process. You may not see or hear what you were expecting. Remember that this process is not about perfection, but about becoming familiar with God's presence and voice. This familiarity over time will mean that you will recognize God's voice, just like he describes in John 10. Trust the Holy Spirit to lead you into all truth.



## WEEK TWO

This week we will be going after identity. These questions are meant to prompt more than a moment, but instead usher you into a conversation with God. Communing with Him means allowing Him to not only show and tell you the truth, but to flood you with the Truth in your mind, body, soul and spirit. When He speaks or shows you something, try to stay in that moment and let it soak in. Don't just stop after you sense one word or a simple picture- allow yourself to be comforted or encouraged or strengthened. Remember, God is not communicating with you to give you information. He's changing you and drawing you near to Himself.

Set aside a block of time, maybe 10 minutes. Turn on some instrumental worship, or just let it be quiet. Maybe lay down. Ask the questions above, and allow your heart to FULLY go where He leads.

### Questions

Who do you say I am?  
What do you think about me?  
Who am I to you?  
Show me how much you love me.

Challenge- Stretch yourself as you communicate with God in a way that you are not used to. Specifically with words, pictures, and visions. If you are used to seeing pictures, ask for a vision. If you are used to visions, ask for a word, etc.

God may activate your imagination as a way to connect with you. Often, I can imagine a place where I am meeting with Jesus- maybe some magical outdoor setting, or a cozy spot indoors. There, Jesus and I are connecting and He is speaking into the core of who I am and who He is. Identity is a big topic and all of us need even a daily reminder of who we are and who we belong to.

As you are learning to be more open to communication with God, be sure to test what you hear. Below is a quick reminder on how we test.

### Tests

1. Does it line up with Scripture?
2. Does it line up with God's heart and character?
3. Is it drawing me (or others) into right relationship with God and/or people?
4. Do the Christians who are speaking into my life say it's God?

Even if spending time with Him in this way is new to you, my guess is that you will find His presence more familiar than you might imagine. That's because being with Him is what you were made for.



## WEEK THREE

The last couple weeks we have honed in on communing and communicating with God through scripture and about our identity. This week we are going to be shifting gears to focus more on destiny and direction. He has a destiny for your life and He so eagerly desires for you to know it, believe it, and step into it! Remember these are starting points to a conversation. Open your heart to God's ideas and plans for your life, and have courage to let Him gently show you what might be getting in the way.

### Questions

What area of my life do you want to heal?  
What area needs your love?  
What giftings do you see in me that you desire to activate?

Am I held up by envy?  
Is there any selfish ambition you want me to see?

How do you want to use my life for the purposes of your Kingdom?

Journal what he says each day. Again, always test what you hear (see notes from week two).

The challenge for this week is going to be choosing to respond to His voice by taking whatever small or large steps he invites you to. God is continually drawing us into closeness with Him, while also activating us with purposes that matter. This activation hinges on our choosing to respond in obedience. Sometimes the things God asks us to do don't make logical sense to our human brains. Or it's not how we would do it. Often the things God asks us to do feel risky. Forgiveness is a great example. We tend to hold onto our unforgiveness because we believe it somehow protects us from getting hurt again or even punishes the offender. But taking the risk to forgive sets us free. His ways are usually not easier, but always better. Don't allow yourself to curb God's direction as a result of over-rationalization or fear. Surrender is at the core of our ability to trust and obey. If you find this part hard, be brave enough to ask yourself (and ask God) if you are fully surrendered. And if not, what's holding you back?