

HEARING THE VOICE OF GOD FROM WITHOUT

Exercise: Hearing God's Still Small Voice

Try this at least three times a week for a couple of weeks to start to develop the habit.

- Find a quiet, relaxed place. Acknowledge before God how you are doing, and then thank Him for the good things in your life. Ask Him to show you the things that may get in the way of hearing Him - fear, anger, guilt, shame.
- Ask God to speak to you in whatever way He sees fit. If there is something concerning you, ask God to speak to that.
- Spend five minutes in silence, paying attention to any thoughts, words or images that come into your mind.
- If you can, spend the next thirty minutes to an hour doing something that doesn't require much thought (gardening or cleaning for example), so you can continue to pay attention to God in this time.

OBSERVE

Take note of any thoughts, words or images that came into your mind throughout this time of prayer.

INTERPRET

Ask God to show you whether these came from Him, you or something else.

To help you with this, you may like to ask:

- Was I close to God in prayer or worship when these thoughts appeared?
- Did they appear to be 'dropped' into my mind rather than following my train of thought?
- Was it something I needed to hear rather than something I wanted to hear?
- Was the content of the thought/image/sense consistent with the Bible and pushing me toward greater Christlikeness?
- Was there a feeling of goodness, light, clarity and significance about the thought?

If the answer to many of these questions is 'yes', the thought may be God speaking to you.

RESPOND

Ask God to show you what to do in response to what you've heard. Is there an action to take, a habit to adopt or an attitude to change?