

# DISCERNING GOD'S LEARNING

*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

What is something you've heard from God in this series?

## RESPOND

What will you do in response?