How to Hear from God

**Power**
Power to perceive God’s direction.

**Promise**
The Holy Spirit guides us through life, helping us make the right choices.

**Prayer**
Guide me.

**Listening Prayer Challenge**

It can be difficult receiving guidance from the Holy Spirit if you have trouble believing you can hear him. Use the following exercise to practice hearing from the Holy Spirit.

**Still and Quiet Your Soul** *(Psalm 46:10)*
Lay aside the thoughts and cares vying for your attention.

**Invoke His Presence** *(Psalm 100:4)*
Praise and acknowledge God as the one who is ever-present. Ask that he would especially reveal himself to you during your time of listening.

**Ask God to Speak to You** *(1 Samuel 3:10)*
Use the model of Samuel, “Speak Lord for I, your servant, am listening.”

**Listen Expectantly** *(Habakkuk 2:1)*
Use a pen and paper to write down the impressions he brings your way. Usually this will be words, phrases, visual images or thoughts that come into your mind through the still small voice of the indwelling Holy Spirit.