

C O M E

Holy Spirit

SIMPLE PRACTICES FOR PARTNERING
WITH THE HOLY SPIRIT

PRACTICE: HEARING
GOD'S VOICE

“That is why the Holy Spirit says,
“Today, **when you hear His voice**, do not harden your hearts.”
Heb. 3: 7-8a

C O M E Holy Spirit

Introduction

Jesus told his followers that it was better that He was going to the Father because the Holy Spirit would come and reveal to them, and even to us, what “the Father is saying and doing”. Jesus lived life and did ministry in the power of the Holy Spirit. Now, He invites us to do the same. The Come, Holy Spirit Practice Series is a set of simple practices to help ANYONE become familiar with the Holy Spirit and learn to “partner” with him in everyday life... just as Jesus did.

How To Use These Practices

This series contains ten practices related to partnership with the Holy Spirit in everyday life. Each prompt/practice contains an intro, a Scripture, a suggested practice exercise, things to notice, and journal space in which to document your experience with that specific practice.

Participants can spend as much time on one practice as they feel is appropriate.

These practices are personal. They are also short enough to be shared and interacted with in any type of group setting.

The important thing is for anyone who desires to grow in life with the Holy Spirit to feel free to work through these practices and learn her/his rhythm with the Holy Spirit - everyday.

“That is why the Holy Spirit says,
“Today, **when you hear His voice**, do not harden your hearts.”
Heb. 3: 7-8a

Intro:

The purpose of this practice is to identify and become familiar with hearing from the Spirit, i.e. hearing from the Lord. Jesus leads us to “say what the Father is saying.” Jesus also promises the Holy Spirit will reveal what is from the Father.

So, it’s fair to say that we need “ears to hear what the Spirit is saying.” Hearing God’s voice isn’t often an audible thing. It’s an awareness of a message we “hear” in our heads. AND, it’s the awareness that the message we hear isn’t our own inner voice or someone else’s. To become familiar with a voice is to know its sound without the person saying who they are. The same is true with God’s voice. Usually, if our mother calls, she doesn’t have to identify herself. We know her voice because it’s familiar – we’ve heard it so much; we KNOW it’s her. The same is true with God’s voice. This practice is meant to help with how to hear and know He is speaking to us.

Prompt:

Settle yourself in a private area. Take a few breaths to calm your body and brain. Open your hands, palms up, into a position of receiving. Gently pray, “Come, Holy Spirit... help me to know your voice.” Then wait. Notice what messages run through your head. Identify messages of confidence and those of doubt. Does the message inspire anxiety or peace? Notice if the message is a totally new thought you haven’t had previously. Start with 10 or 15 minutes and continue many times throughout several weeks or months. Think of questions or prayers you have for specific needs or people and ask the Spirit to speak about those things.

Things to Notice: Markers of the Spirit’s voice

- Messages sound new and give a new perspective
- Messages bring peace even as your own inner voice has a tone of doubt
- Messages give a release or answer a question in a profound way
- Messages lead you to remember, care for, forgive, contact someone you haven’t thought about in a long time
- Message makes you want to take action, repent or step out in a way you wouldn’t normally do

Journal:

Write down the messages you heard and how they made you feel. Write down the doubts you felt while listening to God’s voice. Did God tell you anything new or give you a new perspective? Document those things. Write down questions or prayers you want to “hear from God” about. Document the messages you hear when you make those requests.

