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**Listening Prayer Guide**

Be still and know that I am God. Psalms 46:10

**1. Quiet your mind and your soul before God**

Set aside distractions. In quietness and stillness, write down the cares that come to mind. These may be items to ask Him about soon.

**2. Acknowledge His presence and His love**

Praise Him for being present, always available, and delighted to spend this time with you.

**3. Open your heart**

Ask God to search your heart. Confess any known sin (ways you may have grieved His heart and caused you to distance yourself from Him) and receive his forgiveness.

**4. Ask God to speak to you**

Say something like, “Lord, how do you view the cares I’ve written down (above)?” or “Jesus, what do you want me to know about…” or “Jesus, I need to know what to do in this situation…”

**5. Listen & Write it down**

Write anything that the Holy Spirit brings to mind; thoughts, impressions, Bible verses, pictures, or phrases.

**6. Rest in God’s peace and love & Thank Him**

**Things to keep in mind**

* Listening Prayer is a two-way conversation with God. A good conversation includes honesty, good questions, genuine listening, and clarifying in order to make sure you have heard and understood correctly.
* Just like with any relationship, the more you invest, the more intimate it will become. You might feel strange at first but keep at it. Over time, you will become more confident in tuning in to God’s voice.
* Regardless of how certain you are that you have heard God’s voice, it is always wise to test what you hear in order to be sure it’s really from God. Some ways to test are: ask “Does it align with Scripture, God’s character and lead to God’s glory?”, seek counsel from a mature Christian, and, over time, test what you’ve heard to see if it leads to deep and lasting peace.
* Possible hindrances to hearing God’s voice
  + Trying too hard
  + Distractions
  + Reasoning and analyzing
* If you need help hearing God’s voice or want to learn more about listening prayer, the Hope Prayer Ministry is here to support you. Please visit: hopechurchdenver.org/grow/inner-healing-prayer/