

— HOW TO —

HEAR

God's Voice:

JOURNAL GUIDE



RECOGNIZE
HIS VOICE



RECORD
HIS WORD



GROW
IN DISCERNMENT

How To Hear God's Voice: Journal Guide

Journaling is a powerful tool as it puts down, in writing, exactly what God said and what He did. If you are already clearly hearing God's voice, keeping a journal documenting what he tells you is just as important! It becomes your written statement that you can present as evidence in the court of Heaven, so the enemy will have no case against you. It also bolsters your faith when what He tells you comes to pass, or you hear someone else confirm what the Lord has already told you.

Wherever you are in your faith journey, when the Lord speaks, WRITE IT DOWN!

Choose 2-3 different colored pens:

1. **Your voice:** these are your thoughts. I really like my purple Sharpie gel pens, so that's the color I use. But you could use standard black or blue ink.
2. **God's Voice:** For all the ways God speaks directly to you. Whatever God says, I write down in **red** ink. The red pops and grabs my attention.
3. **Unsure:** use a 3rd color for when you're unsure whose voice it is. Was this just a random thought? Was this God's voice? Write it down in a third color, and then take it to scripture! Does this line up with God's will and nature? Ask God to confirm it.

Gideon said to God, "If you will save Israel by my hand as you have promised—look, I will place a wool fleece on the threshing floor. If there is dew only on the fleece and all the ground is dry, then I will know that you will save Israel by my hand, as you said." (Judges 6:36-37, NIV)

We are inundated with a lot of voices and influences every day, and the goal of keeping a journal is to tune our ear to hear God's voice clearly, so that we may be equipped to live a Spirit-led life. And when we are obedient to do what God asks us to do, then our faith grows, others' faith grows, and our relationship with our Father in Heaven, our Creator, grows.

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You might not have much to write, especially at first, but take the time every day (by yourself, somewhere quiet) to enter into God's presence and allow space to hear from him—don't just do all the talking then leave. Take the time to actually wait and *listen*.

You can use worship music to get your heart in the right posture to receive from Him. Another way to get into His presence is to come with a heart full of gratitude, awe, and wonder at how amazing He is and tell Him all the great things He's done for you. Then just be present, talk to your heavenly father, and listen. Be intentional about setting aside time each day to be in his presence. He's waiting for you to come to Him.

In the 24-hours each day that He has given us, prioritize time with God above all else, and, as it says in James 4:8, "Draw near to God and He will draw near to you."

Prayer is a conversation with God, not just a list of requests; though it *can* contain requests. Matthew 7:7 says to ask and you will receive, and the Father delights to give good gifts to his children. But this particular prayer time is about getting into a rhythm to humble ourselves before God, with a posture of praise and thanksgiving, and then open up your heart to have a conversation with Him.

Sometimes, you will have nothing to journal in your prayer time, but you might be out driving or shampooing your hair, and then—*bam!*—the Holy Spirit cuts through. Then, write down what He said. Maybe you have a dream that is so vivid and symbolic you know it's from God: write it down.

The Importance of writing down what God says

Ever since the Garden of Eden, Satan has been trying to cut off our communication with God. God has Adam and Eve clear instructions in Genesis 2:16-17: "But the Lord God warned him, 'You may freely eat the fruit of every tree in the garden—except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.'"

How To Hear God's Voice: Journal Guide

God gave Adam these very clear instructions, and then he created Eve. Later on in Genesis 3, the serpent approaches Eve and asks her, "Did God really say you must not eat the fruit from ANY trees in the garden?"

First, Satan slithered in, approached the woman, who was one step away from who God originally spoke to, then twisted what God had said just enough to have her questioning her own interpretation of what God had actually said.

The enemy is using the exact same tricks and tactics today!

In the moment, we hear God's voice so clearly, know for certain what He told us, but then time passes or we tell someone else and they question it, and then that slithering snake of doubt comes back:

- *Did God really say that?*
- *Are you sure it was God and not just coincidence or your own thoughts?*

We start to doubt. We start to question if God really said that, and we start to question our own relationship with God, and the result is a breakdown of trust: it erodes our faith in God's authority over our lives, and it erodes our trust in our ability to hear him clearly.

Let's make the act of writing down what God says a lifelong practice.



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