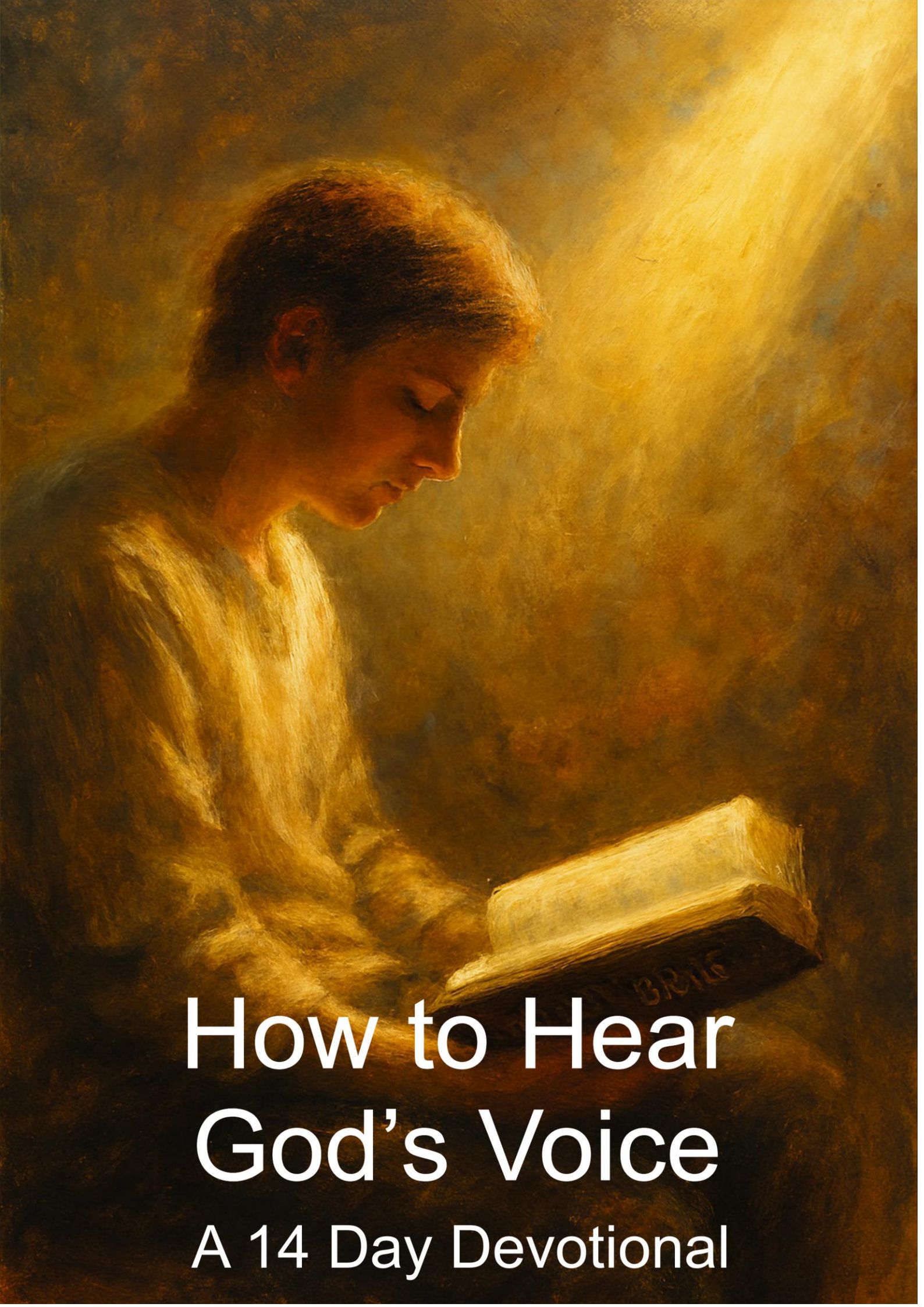


How to Hear God's Voice

A 14 Day Devotional

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Introduction

God desires a personal relationship with you. Throughout the Bible, we see how God reveals Himself to people. We hear how Jesus encourages believers to remain in Him. Through the sacrifice of Jesus' blood, we are cleansed from all sin. Our acceptance in God's eyes does not come from the fact that we no longer sin, but from the fact that—regardless of what sin may still be present in our lives—we are justified by Jesus' blood offering and therefore cleansed from any obstacle that prevents us from drawing near to God. That's why we have the privilege of seeking God's presence without any feelings of guilt.

God's heart is to lead you and show you how much He loves us. The Holy Spirit lives in us as believers, and He still speaks to His children today. This study guide will help you **recognise, understand, and respond to God's voice**.

Each lesson contains the following sections to guide you on your journey:

- A t**eaching** on a key principle
- **Scripture passages** to anchor you in the Word
- **Reflection questions** to deepen your understanding
- **Exercises** to apply what you've learned
- **A short prayer** to seek God's guidance
- **Space for notes**, so you can journal what you experience. If you're unsure what it means to keep a journal, we've attached a short guideline on how to do it.

Let's begin this journey together!

Week 1: The Foundation of Hearing God's Voice

Day 1: God Wants to Speak to You

Read: John 10:27, Hebrews 1:1–2, Jeremiah 33:3

Many people wonder if they can truly hear God's voice. The Bible is clear: **God speaks to His children!** From Genesis, He spoke with Adam and Eve, communicated with Abraham and Moses, and guided prophets.

Jesus says in John 10:27: "*My sheep listen to my voice; I know them, and they follow Me.*" This means that hearing God is not a special gift for a few—**it's part of a relationship with Him!**

The first step to hearing God's voice is to BELIEVE that He wants to speak to you. When you **trust and are receptive**, you'll begin to recognize His voice.

Reflect: Do you believe that God wants to speak to you personally? Why or why not?

Exercise:

- Find a quiet place and take a few deep breaths.
- Ask God: "Lord, do You speak to me?"
- Write down any thoughts or impressions that come to mind.

Prayer: "*Lord, thank You that You want to speak to me. Help me to recognize and trust Your voice. I want to learn to hear You clearly and follow You. Amen."*

Day 2: How God Speaks

Read: 1 Kings 19:11–12, Psalms 119:105, John 16:13

Many people expect God to speak **loudly and clearly**, but the Bible teaches that He often communicates **softly and subtly**. Elijah expected a great wind, earthquake, and fire, but God spoke to him in a gentle whisper (1 Kings 19:11–12).
God speaks in various ways:

- Through **Scripture** (Psalms 119:105)
- Through the **Holy Spirit** (John 16:13)
- Through **dreams and visions** (Acts 2:17)
- Through **other people** (Proverbs 11:14)
- Through **inner impressions** (Romans 8:14)

God's voice often comes as **spontaneous thoughts, a sense of peace, or a deeper inner certainty.**

Reflect: Have you ever experienced a gentle impression or a feeling of peace? Could it have been God?

Exercise:

- Write down three ways God has spoken to you before.
- Ask: "Lord, how are You speaking to me today?"
- Record any thoughts or scriptures that come to mind in your journal.

Prayer: "*Lord, I know You use various ways to speak to me. Help me to listen and recognize Your voice, even when it's soft and subtle. Amen."*

Day 3: The Role of the Holy Spirit in Hearing God's Voice

Read: John 16:13, Romans 8:14, Galatians 5:25

The Holy Spirit is our **divine guide** in the process of hearing God's voice. Jesus says in John 16:13: "*When He, the Spirit of truth, comes, He will guide you into all truth.*"

The Spirit speaks within our hearts, confirms God's truth, and gives us insight into His will. Romans 8:14 teaches: "*For those who are led by the Spirit of God are the children of God*."

Stillness and expectation play a key role when we want to hear the Holy Spirit's voice. We **shouldn't strive or force it but rather rest in God's presence and let Him lead.**

Reflect: How do you experience the Holy Spirit's guidance in your daily life?

Exercise:

- Spend **5 minutes in silence** and ask the Holy Spirit to speak.
- Write down any thoughts, images, or scriptures that come to you.
- Pray and ask the Holy Spirit to guide you **in truth**.

Prayer: "*Holy Spirit, I want to hear Your voice. Lead me and show me what You want to say to me today. Help me to recognize Your guidance and trust in it. Amen*."

Day 4: The Four Keys to Hearing God's Voice (Taught by Mark & Patti Virkler)

Mark Virkler highlights four keys from **Habakkuk 2:1–2** that help us hear God's voice: "I will stand at my watch and station myself on the ramparts; I will look to see what He will say to me... Then the Lord replied: 'Write down the revelation and make it plain."

Key 1: Stillness – Quiet your heart to hear God

Why it matters: Psalms 46:10 says, "*Be still and know that I am God*." Stillness reduces distractions so you can **hear God's whisper**.

Exercise:

- Sit quietly and take deep breaths.
- Pray: "Lord, I quiet my thoughts. Speak to me."

Key 2: Vision – Focus on Jesus and be ready to hear

Why it matters: Habakkuk says, "I will look to see what He will say to me." God often speaks through inner **images, visions, and impressions**.

Exercise:

- Close your eyes and **imagine Jesus sitting before you**.
- Ask: "Lord, what do You want to show me today?"

Key 3: Spontaneity – God's voice flows like a stream

Why it matters*:* John 7:38 says, "*Streams of living water will flow from within you*." God's voice isn't forced—**it's spontaneous and alive**.

Exercise:

- Pray and ask God a specific question.
- Write down the **first thoughts** that come to mind.

Key 4: Journaling – Write down what God says to you

Why it matters: God told Habakkuk, "*Write down the revelation*." Journaling helps you **remember and process** what God says.

Exercise:

- Write a **letter to God** and listen for His reply.
- Record any insights or scriptural confirmations in your journal.

Prayer: "*Lord, I want to learn to listen through Your keys. Help me to be still, focus on You, recognize spontaneous thoughts, and write down Your Word. Amen."*

Day 5: God Speaks Through Scripture

Read: 2 Timothy 3:16–17, Psalms 119:105, Hebrews 4:12

The Bible is **God's written voice** and one of the most important ways He speaks. Psalms 119:105 says, "*Your word is a lamp to my feet and a light to my path*."

When we **read and meditate on Scripture**, we become receptive to God's guidance. Hebrews 4:12 says **God's Word is living and powerful**—it speaks directly to our hearts.

You're encouraged **not just to read the Bible, but to reflect on it and ask God for specific messages and insights.**

Reflect: What scripture has deeply impacted you? How did it confirm God's voice to you?

Exercise:

- Choose a Bible verse and read it slowly.
- Pray: "*Lord, show me what You want to say to me today*."
- Write down any insights you receive.

Prayer: "*Lord, Your Word is living and powerful. Let me hear Your voice as I read Scripture. Show me Your truth and help me understand it. Amen*."

Day 6: God Speaks Through Dreams

Read: Genesis 40:8, Acts 2:17, Job 33:14–16

God spoke through dreams to Joseph, Daniel, and the wise men. Acts 2:17 says that you will dream dreams and see visions in the last days.

God's messages often come in dreams, but we must learn how to interpret and test them.

Reflect: Have you ever had a dream that felt meaningful? What might God be saying to you?

Exercise:

- Start a **dream journal** and write down your dreams.
- Pray and ask God for **interpretation**.

Prayer: "*Lord, I know You can speak through dreams. Give me insight and wisdom to understand when You are guiding me. Amen*."

Day 7: Discerning God's Voice

Read: 1 John 4:1, 2 Corinthians 10:5, Romans 8:6

Not every thought or impression is from God. That's why 1 John 4:1 says that we must test the spirits to see whether they are from God.

There are three keys to discernment:

- Does it align with Scripture?
- Does it bring peace?
- Does it bear good fruit?

God's voice will always be loving, encouraging, and in line with His Word.

Reflect: Have you ever had a thought and wondered if it was from God? Could you use the three keys to discern whether it was truly Him?

Exercise:

• Write down a recent impression or thought and **test it against the Bible**.

Prayer: "*Lord, give me wisdom and discernment. Let me recognize Your voice and test what I hear. Lead me in truth. Amen*."

Week 2: Listening More Deeply to God's Voice

Day 8: God Speaks Through Worship

Read: Psalms 22:3, Acts 16:25–26, John 4:23–24

Worship is more than singing—it's a **posture of the heart**. When we worship God, we shift our focus from ourselves to Him. It creates an atmosphere where His voice becomes clearer.

Psalms 22:3 says, "*God inhabits the praises of His people*." This means His presence becomes **intensely tangible** when we honor Him.

Worship helps quiet our thoughts so we can **receive God's guidance.**

Reflect: How does worship change your relationship with God?

Exercise:

- Play a worship song and **focus on God's presence**.
- Ask: "Lord, what do You want to say to me today?"
- Write down any impressions you receive.

Prayer: "*Lord, I want to set my heart on You. In my praise, I want to hear Your voice. Fill my thoughts with Your truth. Speak to me, Lord. Amen*."

Day 9: God Speaks Through Nature

Read: Romans 1:20, Psalms 19:1–2, Matthew 6:28–30

Creation **testifies to God's greatness**. Romans 1:20 says, *"God's invisible qualities—His eternal power and divine nature—have been clearly seen, being understood from what has been made."*

Jesus often used nature imagery to teach—the mustard seed (Matthew 17:20), the vine and branches (John 15:5), and the lilies of the field (Matthew 6:28–30).

Make time to spend in nature, as it can help you **hear God's voice more clearly**.

Reflect: Have you ever experienced a moment in nature where you felt God's presence?

Exercise:

- Take a **quiet, peaceful walk** outside and observe nature.
- Ask: "Lord, what do You want to show me today through nature?"
- Write down any insights or metaphors God reveals to you.

Prayer: "*Lord, I see You in everything You've created. Help me hear Your voice clearly—even when I'm simply looking at the sky or the sea. You speak to me. Thank You, Jesus. Amen*."

Day 10: God Speaks Through Other People

Read: Proverbs 11:14, Acts 21:10–11, 1 Thessalonians 5:11

God uses **wise counselors and mentors** to guide us. Proverbs 11:14 says, *"For lack of guidance a nation falls, but victory is won through many advisers"*

In Acts 21:10–11, the prophet Agabus **warned Paul** about his future—it confirmed what Paul had already heard.

Remember, God **often confirms His voice through others**.

Reflect: Who has shared valuable godly insight with you?

Exercise:

- Ask a **trusted mentor** for spiritual advice.
- Compare it with what you believe God is saying to you.

Prayer: "*Lord, thank You for the people You've placed in my life. Help me recognize and follow wise counsel. May I always trust in Your Word. Amen."*

Day 11: Remove Distractions to Hear God Better

Read: Luke 10:38–42, Matthew 6:6, Psalms 46:10

In Luke 10:38–42, **Martha was busy** while **Mary sat quietly and listened to Jesus**. Jesus said, *"Mary has chosen what is better."*

Spiritual growth requires us to intentionally reduce distractions—social media, busy schedules, and cluttered thoughts can prevent us from hearing God's voice.

Reflect: What is a major distraction in your life that keeps you from God?

Exercise:

- Turn off your phone and **find a quiet place** to listen for God's voice.
- Pray and ask God to help you **focus on His voice**.

Prayer: "*Lord, I don't want to be so busy that I miss You. Help me become still and hear Your voice. Remove my distractions and fill me with Your peace. Amen*."

Day 12: God's Voice Brings Peace

Read: Philippians 4:6–7, Colossians 3:15, Isaiah 26:3

Philippians 4:6–7 says, *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*

When something brings **fear, doubt, or unrest**, it's **often not from God**. Colossians 3:15 says that God's peace should guide us.

When we make decisions, God's peace often confirms we're on the right path.

Reflect: Have you ever felt God's peace in a difficult situation?

Exercise:

- Write down a decision you're uncertain about.
- Pray and ask God to guide you with peace.

Prayer: "*Lord, I don't want to live in doubt or fear—I want Your peace. Lead me, Lord, and let Your peace rule in my heart. Thank You for never leaving me in confusion. Amen."*

Day 13: Obedience Strengthens Our Ability to Hear God

Read: James 1:22, John 14:23, Deuteronomy 28:1–2

James 1:22 says, *"Do not merely listen to the word, and so deceive yourselves. Do what it says."*

God doesn't speak just so we'll listen—**He speaks so we'll obey**.

When we respond and act on what we hear from God, our faith is strengthened. The experience of hearing God's voice and seeing fruit from our obedience makes us more willing to respond next time.

Reflect: Is there something God has asked you to do that you've been postponing?

Exercise:

- **Identify one step of obedience** you can take today.
- Write down how you'll implement it.

Prayer: "*Lord, I don't want to just listen—I want to do Your Word. Help me obey, even when it's hard. Lead me and give me courage. Amen."*

Day 14: Make Listening to God Part of Your Daily Life

Read: Psalms 25:5–6, Isaiah 50:4–5, Proverbs 3:5–6

Listening to God isn't a one-time event—it's a lifelong journey. Isaiah 50:4–5 says, *"He wakens me morning by morning, wakens my ear to listen like one being instructed. The Sovereign Lord has opened my ears."*

Psalms 25:5–6 encourages us to seek God daily. The more we listen, the better we recognize His voice.

You cultivate a lifestyle of listening to God by doing it daily and journaling what you hear.

Reflect: How can I make listening to God a daily practice?

Prayer: "*Lord, I want to hear You every day. Awaken and open my ears to listen to You. Lead me and speak to me. Amen*."

Final Reflection & Dedication

Reflect:

- What was the most meaningful lesson from this study guide?
- How has your ability to hear God's voice changed?

Practical Exercise:

- Write a prayer of dedication, asking God to help you grow daily in listening to Him.
- Share your experience with a friend or mentor.

The above is a beautiful way to deepen your journey with God and remain aware of His guidance in your life. I hope it brings you meaningful insight and growth!

This completes the two-week devotional journey!

To help you, a list of key things that hinder us from hearing God's voice is attached on the next page.

THINGS THAT HINDER US FROM HEARING GOD'S VOICE

There are various things that can prevent us from hearing God's voice, drawn from both biblical examples and personal experiences. Here are some key obstacles:

Biblical Examples

1. **Sin and Disobedience** – Sin creates a separation between us and God. Isaiah 59:2 says: *"Your iniquities have separated you from your God; your sins have hidden His face from you, so that He will not hear."* We also read how the disobedience of Balaam (Numbers 22) and Jonah (Jonah 1 and 4) had negative consequences.
   Remember, Jesus carried your sin debt, and Romans 8:1 assures us that there is no condemnation for those who are in Christ Jesus. He no longer hides His face from you. You are now the righteousness of God in Christ (2 Corinthians 5:21).
2. **Doubt and Unbelief** – In John 12:29, some people heard God's voice, but others dismissed it as thunder, showing how doubt can block spiritual hearing.
3. **Fear** – In 1 Kings 19, Elijah fled in fear after Jezebel's threat, and it took a gentle whisper from God to restore his faith.
4. **Distractions and Busyness** – In Luke 10:38–42, Martha was too busy with tasks to sit and listen to Jesus, while Mary chose to be still and listen.
5. **Hardness of Heart** – Hebrews 3:7–8 warns believers: *"Today, if you hear His voice, do not harden your hearts."*

Personal Experiences

Many people have shared that they struggle to hear God's voice due to the following reasons:

1. **Unconfessed Sin** – A sense of distance from God due to unresolved guilt. Be assured of your position in Christ.
2. **Faulty Theology** – The belief that God only speaks to certain people, without realising that He desires a relationship with everyone.
3. **Lack of Quiet Time** – Not setting aside time to listen, as Jesus often did.
4. **Giving Up Too Quickly** – Some expect immediate answers and stop seeking when they don't hear right away.
5. **Fear and Anxiety** – Excessive worry about life's problems can drown out God's voice. 1 Peter 5:7 and Philippians 4:6 invite us to cast our cares on Him because He cares for us.

How to Journal in Your Quiet Time – A Guide to Hear God's Voice

Journaling during your quiet time is a powerful way to **hear God's voice, reflect on His Word, and document your spiritual journey**. It helps you **gain clarity, remember God's guidance, and process His direction**. This guide will help you use your **journal effectively**, so it becomes a meaningful and transformative habit in your life.

1. Prepare Your Heart and Space

Before you begin, **create an atmosphere** where you can focus on God. Find a quiet place free from distractions, turn off any noise, and take a few deep breaths to calm your thoughts.

Psalms 46:10 says, *"Be still and know that I am God."*

Practical Steps:

- Choose a notebook dedicated to journaling and a pen you enjoy using.
- **Set aside at least 20–30 minutes** for focused time with God.
- Begin with prayer and ask: "Lord, speak to me. Help me hear and understand Your voice."

2. Start with Gratitude and Reflection

Begin your journal by **expressing gratitude**. Thank God for His presence, His blessings, and something specific He's done in your life. This **shifts your focus** to praise and helps cultivate a listening heart.

1 Thessalonians 5:18 says, *"Give thanks in all circumstances, for this is God's will for you in Christ Jesus."*

Write about:

- Something you're thankful for today.
- Any prayers God has answered or a special moment where you saw Him at work.
- How you're feeling emotionally and spiritually today.

3. Read and Meditate on Scripture

Hearing God's voice **begins with knowing His Word**. Read a passage slowly and ask God **to show you what He wants to say to you today**.

Hebrews 4:12 says, *"The Word of God is living and active."*

Steps to Journal the Word:

- Write down the passage you read.
- Highlight key words or phrases that stand out.
- Ask: "Lord, what do You want to teach me through this passage?"
- Rewrite the verse in your own words and apply it to your life.

4. Listen to God's Voice & Write What You Experience

After reading Scripture, **become still and listen**. God speaks in various ways—through His Word, inner impressions, visions, and peace in your heart.
John 10:27 says, *"My sheep listen to My voice; I know them, and they follow Me."*

How to Journal Your Conversations with God:

- Ask a question like: "Lord, what do You want to say to me today?"
- Write down the first thoughts or impressions that come to mind.
- If a phrase, image, or idea stands out, explore it further in your writing.
- Test what you receive against Scripture—does it align with God's truth?

5. Respond with Prayer & Steps of Obedience

Journaling isn't just about writing—it's about **responding to God**. End your time by writing a prayer, affirming your obedience, and outlining action steps.

James 1:22 says, *"Do not merely listen to the word, and so deceive yourselves. Do what it says."*

Write about:

- How you'll apply today's lesson in your life.
- A prayer for wisdom, guidance, and strength.
- Any steps of obedience that God is calling you to take.

6. Review and Notice Patterns

Over time, your journal will **reveal how God speaks, guides, and shapes you**. Take time regularly to review past entries.

Habakkuk 2:2 says, *“Write down the revelation and make it plain on tablets.”*

Reflection Questions:

- Has God answered any previous prayers?
- What themes or lessons appear frequently?
- How has your faith grown through journaling?

Conclusion

Journaling during your quiet time is a **beautiful way to connect with God**. It helps you **become still, listen intentionally, and document your faith journey**.

Start today—grab a journal, open your heart, and write down what you hear from God. **He wants to speak with you**!

Additional Reading

1. 4 Keys to Hearing God's Voice by Mark Virkler
2. Communion with God by Mark Virkler
3. Dialogue with God by Mark and Patti Virkler
4. Hearing God: Developing a Conversational Relationship with God by Dallas Willard
5. How to Hear God: A Simple Guide for Normal People by Pete Greig
6. The Beginner's Guide to Hearing God by James W. Goll
7. Whisper: How to Hear the Voice of God by Mark Batterson
8. Hear God's Voice by Derek Prince