

4 Keys to Hearing God's Voice

Week Three

Become Still - Quieting Your _____ and _____ - Key # 2 - I must _____ to still my own thoughts and emotions in order to _____ God's flow of thoughts and emotions within me. Habakkuk 2:1 says, "I will stand at my guardpost"

- _____ **to Cultivate a Lifestyle of Inner Stillness.** Psalm 46:10 "Be Still and Know that I am God"
- **It Is the Lord's Will and Desire**
 - Be Still =
 - Know =
- **Two Approaches to Overcoming Yourself**
 - Attack _____ –
 - _____ into the Light of His Presence –

Identify the State of Being Still

The five key ingredients of a lifestyle of inner stillness are physical calm, focused attention, letting be, receptivity, and spontaneous flow. The opposites of these characteristics are physical tension, distraction, over-control, activity and analytical thought.

0	Physical Tension	1	2	Physical Calm	3	4
0	Distraction	1	2	Focused Attention	3	4
0	Over-control	1	2	Letting Be	3	4
0	Activity	1	2	Receptivity	3	4
0	Analytical Thought	1	2	Spontaneous Flow	3	4

_____ the Distractions Enables Inner Stillness

- _____ **Distractions**
 - Choose a quiet _____ to be alone with the Lord
 - Get _____ from phones, children, friends, tv, email, etc. (Ex 24:13; 1 Kings 18:42-43; Matt 14:13; Mark 9:2; Luke 6:12)
 - Remove physical tension by _____ comfortably (1 Chron 17:16)
 - Tap into the quietness of the early morning, giving the Lord your first fruits of the day! Set your thoughts toward Him, setting the tone for your day
- _____ **Distractions** (voices, thoughts, pressures demanding your attention)
 - Thoughts of things to do. Write them _____ so you don't forget.

- Thoughts of sin-consciousness. Confess your sin, accept His forgiveness, _____ yourself in the robe of righteousness. Gal 3:27.
- Mind flitting about. Focus on a _____ of Jesus with you or do any right brain activity.
- Need to engage from your heart/new spirit. Begin singing and listening to the spontaneous song bubbling up from your heart.
- Need additional time to commune. Realize that times when you are doing _____ activities (driving, showering, exercising, routine jobs, etc.) are ideal times for hearing from God.

➤ _____ **on Jesus - Engaging the Spirit**

- Music & Soaking Prayer (Sitting in the Presence of the Lord not talking, praying, thinking, just listening & enjoying Him!)
- Pay attention to the song/message in your heart when you awaken
- Activate the eyes of your heart by imagining what you are singing about in worship
- _____ a song from your heart cry
- Visualize _____ with Jesus expressing your love to Him
- _____ in the life of the Holy Spirit and breathe out what is not of Him (anxiety, fear, tension, etc.)
- Continually engage the Spirit throughout your day in whatever activities you are doing!

➤ _____ **the Idol from Your Heart**

- In order to purify your _____
- Often times we fix our spiritual eyes on the thing we are praying about more than on Jesus. When anything is larger than Jesus in the eyes of your heart, that thing has become an idol.
- Intuitive flow comes out of the vision being held before one's eyes
- When we pray, we must be certain our vision is purified and that we see Jesus who is much larger than the object or issue for which we are praying.

HOMEWORK – Read chapters 5 and 6 - Take at least 10 minutes to journal every day, utilizing the 'Personal Application' on pages 145 and 169 ...