

Session 2 How to listen to the Holy Spirit

Course: Hearing the Father's Voice

John 14:23: The Lord designed each of us, and knows precisely how we will best hear Him, in any circumstances. All we have to do is learn to position our spirit, so that we can detect him!

A. Read the Bible

- ◆ The primary way God speaks is through Scripture.
- ◆ Be inquisitive - ask questions.
- ◆ Remember - Bible characters are not superheroes, but normal people.
- ◆ Rom 10:17 'Faith comes by hearing, and hearing by the word of God.'

B. Have a Clear Mind

- ◆ 'What is the blank canvas of my spirit (mind, heart, emotions) like, today?'

Exercise 1: Clear your mind and rest.

Exercise 2: Awareness of stress.

- ◆ What is a good mental state for you, to be receptive to the Holy Spirit? How will you achieve that?

C. Five Keys to Hearing Well

- ◆ Persistence. Use a journal.
- ◆ Worship. Learn how to do it & keep at it. Ps 100:4-5
- ◆ Imagination & Questions.
- ◆ Humility. Ps 25:9
- ◆ Be Obedient – Luke 17:5-10, Jn 14:22

'To enter the Kingdom of heaven, you need to go low and slow' - Heidi Baker

D. How do I learn most easily?



- ◆ Four general styles.
- ◆ **Written exercise. Tell yourself a story. 'This morning I went for a walk, and...'**
- ◆ Share – is there a helpful indication, in what you wrote?

E. How will He speak?

- ◆ Kinaesthetic , audible, visual, written?
- ◆ 'Highlighted' scripture
- ◆ The five senses
- ◆ Emotions (remember – he is GOOD!)
- ◆ When your imagination is 'on' eg TV
- ◆ What is your primary 'love language?'
- ◆ Impressions, dreams, visions

F. Into the Toolbox The Treasure Island

- ◆ Imagine you are placed on an island, with the Lord
- ◆ Go for a trip around to explore it. What's going on? What is there hidden for you?
- ◆ You might wish to sketch a map, or to imagine it.
- ◆ How do you feel, as you wander round?

The Landscape of your heart *

- ◆ If your 'core being' was a landscape, what would it be like?
- ◆ How would it feel, look, & sound?
- ◆ Is it busy or quiet?

- ◆ Make some notes and imagine it in detail.

