

**Resource from City Central Church in Tacoma, WA - [citycentral.org](http://citycentral.org):  
Hearing God's Voice Exercise: Connecting with God**

This exercise is a personal time between you and God. Find a quiet spot somewhere in or outside of your meeting room. You will need a place where you can be as undistracted as possible in focusing the eyes of your heart on the Lord. (You will need: a Bible, pen, and paper.)

**Step One:** Read and meditate on one of the following Scripture passages:

- Psalm 18:19 (NLT)
- Psalm 139:13-18
- Psalm 103:8-14
- Ephesians 3:18-20
- Psalm 23
- Philippians 4:6-7

After reading the text, write down some questions you would like to ask the Lord about Himself, or about you. Set down your pen.

**Step Two:** Now, invite the Lord into conversation with you. In Christ's name and authority, bind any activity of the enemy that would seek to bring distraction or deception to the prayer time. If it is helpful, imagine you are in the Garden of Eden, as Adam and Eve were, and God enters--this time looking for YOU. He calls you by name, "Where are you?" This time, the answer is "Here I am!" Respond to His invitation to you warmly and enthusiastically.

**Step Three:** Then do what the Scriptures refer to as "inquiring of the Lord." Ask Him your questions. Listen for His response through the Holy Spirit. He may prompt your thoughts with a Scripture, a word, a picture, or a gentle impression in your spirit.

**Step Four:** Write down what you receive. What Scripture verses comes to mind? Don't analyze it right now--you will test it next. When first learning, don't wait for an "audible" internal voice; His voice can sound just like a thought deposited in your mind. Therefore, don't dismiss something as "just my thoughts." Instead, write it down. Relax. In this step just record what you are hearing. If you don't feel you've heard, don't be discouraged. After all, this is intended as an opportunity to learn.

**Step Five:** Now you can test what you received. Consider what you have written down according to these criteria:

- Is what you received in alignment with Scripture? In alignment with God's character as revealed in Scripture?
- Is it peaceable? (Col. 3:15)<sup>[SEP]</sup>
- Does it point you to Christ and a Christlike, Holy Spirit-filled life?<sup>[SEP]</sup>
- Is it confirmed by others who are mature in the Christian life, godly experience, and the Scriptures? (this point will need to be saved for later)<sup>[SEP]</sup>
- Is it consistent with how God has formed you and gifted you?<sup>[SEP]</sup>
- Does it encourage, edify, strengthen, and/or convict you, versus disheartening, diminishing and/or condemning you? (Your answers should be yes to the former and not to the latter!)

**Step Six:** Close your prayer time with a prayer of gratitude and praise to the Lord for creating you with the capacity for connection with Him. Affirm your love for Him, and receive His love for you.