

## Listening Prayer

For communication to be complete, we have to listen to what another person is saying.

When we spend time with God it's not only about speaking with Him but listening to Him as well. For that, we have to become quiet — not only quiet on the outside, but quiet on the inside. We have to still the voices that condemn us and suggest that we won't hear anything from God. Not only do we have to quiet the distractions in our thought life, but we have to quit condemning ourselves because we're getting distracted!

Listening to God means taking time to hear what He may be saying to us. He often speaks to us through His Word. What is He trying to say? Am I quiet enough to listen? It could be a passage of Scripture that lights up when reading it or a passage that makes the heart pound. It could be the gentle nudge of the Holy Spirit telling us something we need to do.

We must be in a place to hear Him speak and recognize His voice when He speaks. That takes familiarity which comes from spending intentional time with Him. "My sheep listen to my voice; I know them, and they follow me," John 10:27 (NIV).

Here's some ideas for your listening prayer time:

- Have a set time each day to listen to God and include Bible reading.
- Pause after reading a section of Scripture. Read over it again and reflect or meditate on it. Is there something in it that God is trying to say? Is there a passage that stands out to you?
- Listen to a favorite worship song. Let the words sink in as if God were saying them to you.
- Take a long walk and pray about anything that's keeping you from listening. Then, just listen.