

# Hearing the Voice of God

## Study Guides

**Listening and Responding  
to God in Your Life**



**“I will hear what the Lord God will speak in me:  
for he will speak peace unto his people:  
And unto his saints:  
and unto them that are converted to the heart.”**

*Ps 85:8 DRB*

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Week 1



# Does God Still Speak?

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Brown = Word, God speaking* .

**Ps 85:8**  
“I will hear what the Lord God  
will speak in me: for he will speak  
peace unto his people:  
And unto his saints:  
and unto them that are converted  
to the heart.”  
DRB  
**Ps 85:8**

## Reflection

Do you believe that God still speaks? If so, how does He speak today?

Do you know of anyone that God speaks to?

Has God ever spoken to you?

**Principles for Hearing:**

- |   |           |
|---|-----------|
| 1) God is my Father                                       | 1 Jn 3:1  |
| 2) My Father has a plan for my life                       | Jer 29:11 |
| 3) My Father wants to make known<br>the plan for my life. | Is 30:21  |

What do these passages say to you? How

1) 1 Jn 3:1

2) Jer 29:11

3) Is 30:21

How do you feel as you read these passages?

**Some other translations of Ps 85:8**

*“Let me hear what God the LORD will speak, for he will speak peace to his people,  
to his saints, to those who turn to him in their hearts.”*

RSV

*“I will listen to what God the LORD will say; he promises peace to his people, his  
saints”*

NIV

What are the differences between these translations?

What insight does each translation offer?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# My Sheep Hear My Voice

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Jn 10:27**  
“My sheep hear my voice, and I know them, and they follow me”  
**Jn 10:27**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

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## Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

# Reflection

As you read Jn 10:27 what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)?

Review the “Principles for Hearing”. Are there any other insights that the Holy Spirit wants to give you from these principles?

Imitation of Christ  
Book 3, Chapter 1

**THE INWARD CONVERSATION OF CHRIST WITH THE FAITHFUL SOUL**

I WILL hear what the Lord God will speak in me."

Blessed is the soul who hears the Lord speaking within her, who receives the word of consolation from His lips. Blessed are the ears that catch the accents of divine whispering, and pay no heed to the murmurings of this world. Blessed indeed are the ears that listen, not to the voice which sounds without, but to the truth which teaches within. Blessed are the eyes which are closed to exterior things and are fixed upon those which are interior. Blessed are they who penetrate inwardly, who try daily to prepare themselves more and more to understand mysteries. Blessed are they who long to give their time to God, and who cut themselves off from the hindrances of the world.

What are your thoughts as you read from the Imitation of Christ?

What would your life be like if you were that blessed soul that hears the Lord speaking within her?

Do you find anything hard about believing that God would speak to you? If so, what is it?

**Is 30:21**

21 And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.

**Heb 3:7-11**

7\* Therefore, as the Holy Spirit says, "Today, when you hear his voice, 8 do not harden your hearts as in the rebellion, on the day of testing in the wilderness, 9 where your fathers put me to the test and saw my works for forty years. 10 Therefore I was provoked with that generation, and said, 'They always go astray in their hearts; they have not known my ways.' 11 As I swore in my wrath, 'They shall never enter my rest.'"

What is the Holy Spirit saying to you through these passages?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# The Gifts of Confirmation

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer "in Jesus name."

**Is 30:21**  
And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.

**Is 30:21**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

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## Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

# Reflection

As you read *Is 30:21* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)?

**Sacrament of Confirmation:**

Is 11:2-3

And the Spirit of the LORD shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the LORD. And his delight shall be in the fear of the LORD.

**Seven Gifts of the Holy Spirit:**

Fear of the Lord Piety ( <i>delighting in God</i> )	}	Awe and Reverence Relationship of Son to Father
<b>Counsel</b> <b>Wisdom</b> <b>Might (Fortitude)</b>	}	<b>To know God's will</b> <b>To know how to do God's will</b> <b>The strength to do God's will</b>
Knowledge Understanding	}	Personal revelation of truth Comprehension of revealed truths

In the sacrament of Confirmation, the Bishop (*spiritual authoritative descendant of the Apostles*), confers the gift of the Holy Spirit, with the Seven Gifts of the Spirit, through the laying on of hands and anointing with chrism. There is no doubt that the gifts are given. It can be seen!

Which gift of the Spirit do you need in your life right now?

Do you believe that because of your confirmation the Holy Spirit will reveal the Father's will to you, that the Spirit will show you how to do the Father's will, and the Spirit will give you the strength to accomplish the Father's will? (*Rate yourself*)

1 2 3 4 5 6 7 8 9 10

What is weakening your faith to believe this truth?

What would strengthen your faith?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Lectio Divina

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Ps 1:2**  
his delight  
is in the law of the LORD,  
and on his law he meditates  
day and night.  
**Ps 1:2**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

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## Principles for Hearing:

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|---|-----------|
| 1) God is my Father                                       | 1 Jn 3:1  |
| 2) My Father has a plan for my life                       | Jer 29:11 |
| 3) My Father wants to make known<br>the plan for my life. | Is 30:21  |

# Reflection

As you read *Ps 1:2* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)?

## Lectio Divina (Divine Reading)

**Lectio- to read:** Look up and then write the passage down. As you read have faith that God is speaking to you personally.

**Meditatio – to meditate:** What is God saying to you? Use who, what, where, when, why.

**Oratio – to speak:** Speak to God about what He is saying to you.

*Note: Meditatio and Oratio can flow back and forth between you and the Holy Spirit as it is a conversation.*

**Contemplatio – to contemplate:** Read the passage again. Sit and enjoy the presence of the Lord. Let the Word you have read become a point for God to speak more clearly and personally into your life.

Pope Benedict Sept 16<sup>th</sup>, 2006

I would like in particular to recall and recommend the ancient tradition of "Lectio divina": "the diligent reading of Sacred Scripture accompanied by prayer brings about that intimate dialogue in which the person reading hears God who is speaking, and in praying, responds to him with trusting openness of heart" (cf. "Dei Verbum," n. 25). If it is effectively promoted, this practice will bring to the Church -- I am convinced of it -- a new spiritual springtime.

### Example of Lectio Divina:

<i>Lectio</i>	I read Mk 10:46-52 four times slowly allowing the
<i>Meditatio/ Oratio</i>	Holy Spirit, in what area of my life am I blind? <i>"You do not see your judgmental attitude clearly! This is the pharisaical spirit that has hooked into your soul, my son"</i> What is the root moment that caused it to be able to place its hooks into my soul? The Holy Spirit takes me back to me memory.
<i>Contemplatio</i>	I sit quietly, in faith, trusting and allow the Holy Spirit to heal my root memory that has allowed my heart to become judgmental.

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### Exercise

Look up the following scripture passages and use the parts of *Lectio Divina* to allow the Holy Spirit to speak into your life.

Mt 4:13-20

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



## Lectio II

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer "in Jesus name."

**Jn 8:31**  
Jesus then said  
to the Jews who had believed in him,  
"If you continue in my word,  
you are truly my disciples,  
**Jn 8:31**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

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### Principles for Hearing:

- |   |           |
|---|-----------|
| 1) God is my Father                                       | 1 Jn 3:1  |
| 2) My Father has a plan for my life                       | Jer 29:11 |
| 3) My Father wants to make known<br>the plan for my life. | Is 30:21  |

## Reflection

As you read *Jn 8:31* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)?

What did you learn this week? What stick out? What increased your faith to know that God would speak to you?

### **Lectio Divina (Divine Reading)**

**Lectio- to read:** Look up and then write the passage down. As you read have faith that God is speaking to you personally.

**Meditatio – to meditate:** What is God saying to you? Use who, what, where, when, why.

**Oratio – to speak:** Speak to God about what He is saying to you.

*Note: Meditatio and Oratio can flow back and forth between you and the Holy Spirit as it is a conversation.*

**Contemplatio – to contemplate:** Read the passage again. Sit and enjoy the presence of the Lord. Let the Word you have read become a point for God to speak more clearly and personally into your life.

#### **Suggested Passages for *Lectio Divina*:**

Is 55:1-13

Mt 11:28-30

Jn 14:1-4

Is 55:10-11

Jm 1:19-25

2 Tim 3:14-17

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Week's Review

*(Recommended to be done as part of your Sabbath/Sunday observance)*

What did you learn this week?

What scripture passages spoke to you?

What do you still have questions about or you are not clear regarding?

How do you think this week's study is going to effect your life?



Week 11



# Your Servant is Listening

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer "in Jesus name."

**1 Sam 3:10**  
"Speak, for your servant is listening."  
**1 Sam 3:10**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

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## Principles for Hearing:

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| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

## Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

# Reflection

As you read *1 Sam 3:10* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

**Principle – God is a Good Father** Good fathers speak to their children.

See Mt 7:7-11

Jesus has given us a tool for revealing what God, His Father, our Father, is like – Look to good earthly fathers. Good fathers speak to their children. Using our principle of fatherhood we can conclude that God, our Eternal Father, wants to speak to us.

Imitation of Christ Book 3, Chapter 2

The children of Israel once said to Moses: "Speak thou to us and we will hear thee: let not the Lord speak to us, lest we die."

Not so, Lord, not so do I pray. Rather with Samuel the prophet I entreat humbly and earnestly: "Speak, Lord, for Thy servant heareth." Do not let Moses or any of the prophets speak to me; but You speak, O Lord God, Who inspired and enlightened all the prophets; for You alone, without them, can instruct me perfectly, whereas they, without You, can do nothing. They, indeed, utter fine words, but they cannot impart the spirit. They do indeed speak beautifully, but if You remain silent they cannot inflame the heart. They deliver the message; You lay bare the sense. They place before us mysteries, but You unlock their meaning. They proclaim commandments; You help us to keep them. They point out the way; You give strength for the journey. They work only outwardly; You instruct and enlighten our hearts. They water on the outside; You give the increase. They cry out words; You give understanding to the hearer.

Let not Moses speak to me, therefore, but You, the Lord my God, everlasting truth, speak lest I die and prove barren if I am merely given outward advice and am not inflamed within; lest the word heard and not kept, known and not loved, believed and not obeyed, rise up in judgment against me.

Speak, therefore, Lord, for Your servant listens. "Thou hast the words of eternal life." Speak to me for the comfort of my soul and for the amendment of my life, for Your praise, Your glory, and Your everlasting honor.

What are your thoughts and feelings after you read this passage?

Read 1 Kings 19:9-13. What lesson can you learn about God's voice from this passage?

Read 1 Sam 3:1-16. . What lesson can you learn about God's voice from this passage?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# H.O.W.S. to Hearing

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Psalm 48:14**  
this is God,  
our God for ever and ever.  
He will be our guide for ever.  
**Psalm 48:14**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

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**Principles for Hearing:**  
1) God is my Father 1 Jn 3:1  
2) My Father has a plan for my life Jer 29:11  
3) My Father wants to make known the plan for my life. Is 30:21

**Lectio Divina**  
Lectio to read  
Mediatio to meditate  
Oratio to pray/speak  
Contemplatio to contemplate

# Reflection

As you read *Ps 48:14* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.



**H**ear  
**O**thers  
**W**orld  
**S**acred Revelation

**Heart** – God will give promptings to the heart as to his will. We need to pay attention to what is going on inside of us.

**Others** – God has given us the gift of others to help us hear his voice. Others will be pointing things out to us. This is the importance of

- 1) those of authority in our lives
  - a. spouse
  - b. parents
  - c. priest
  - d. teachers

- 2) Spiritual directors
- 3) Prayer community

    a. Where you know others and they know you.

**World** – God will speak to use through our circumstances.

**Sacred Revelation** (Usually called *Divine Revelation*)

1. Scripture
2. Tradition
3. Magisterium

Let the Holy Spirit draw you to one of the H.O.W.S. How has God been speaking to you through what the Spirit has chosen?

In the past, how has God spoken through the H.O.W.S.?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Promptings of the Holy Spirit

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Ro 8:14**  
For all who are led by the Spirit of  
God are sons of God.  
**Ro 8:14**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

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## Principles for Hearing:

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|---|-----------|
| 1) God is my Father                                       | 1 Jn 3:1  |
| 2) My Father has a plan for my life                       | Jer 29:11 |
| 3) My Father wants to make known<br>the plan for my life. | Is 30:21  |

## Lectio Divina

- |              |                |
|--------------|----------------|
| Lectio       | to read        |
| Mediatio     | to meditate    |
| Oratio       | to pray/speak  |
| Contemplatio | to contemplate |

# Reflection

As you read *Ro 8:14* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

*"There will be a new springtime for the Church if people will welcome the promptings of the Holy Spirit."*  
Pope John Paul II

The promptings of the Holy Spirit are the inward senses that we are being moved, asked or lead to do something. The Saints teach that the more we respond, the more ofther they will come. This requires obedience.

### **Examples of Promptings of the Holy Spirit:**

Feelings that you should call someone.  
Sensing you should give someone some help or money.  
Being drawn to talk to someone about the Lord.  
Praying based on an insight into a person or situation.

Are there any times in your life that you can look back upon and say, "That was a prompting of the Holy Spirit!"?

### **Exercise**

Apply *Lectio Divina* to the following scripture passages

Lk 16:10

"He who is faithful in a very little is faithful also in much..."

Mt 7:21

"Not every one who says to me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of my Father who is in heaven."

Jn 14:15

"If you love me, you will keep my commandments."

Jas 1:22

But be doers of the word, and not hearers only, deceiving yourselves.

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Journaling

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Hab 2:2**

And the LORD answered me:  
"Write the vision;  
make it plain upon tablets,  
so he may run who reads it.

**Hab 2:2**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

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**Principles for Hearing:**

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| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
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**Lectio Divina**

- |              |                |
|--------------|----------------|
| Lectio       | to read        |
| Mediatio     | to meditate    |
| Oratio       | to pray/speak  |
| Contemplatio | to contemplate |

# Reflection

As you read *Heb 2:2* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? )? Use *Lectio Divina*.

## **Recommendations for Journaling -**

- 1) Buy a journal that will be sacred to you.
- 2) Do not write in the first 6 pages as this will be your index. Number your pages, beginning on page 7 of your journal. This will be page #1 for your journaling. *See Indexing below.*
- 3) Set a time and place where you will not be interrupted. Consecrate this time to God. After communion and Adoration of the Blessed Sacrament is an excellent time to hear from the Lord.

When journaling use *Lectio Divina*, H.O.W.S., Letter Writing to God, or 4 Keys to Hearing God's Voice.

### **Indexing - Looking for the thread.**

Is 28:9-10

9 "Whom will he teach knowledge, and to whom will he explain the message? Those who are weaned from the milk, those taken from the breast? 10 For it is precept upon precept, precept upon precept, line upon line, line upon line, here a little, there a little."

The Lord, many times, reveals in part, "Here a little, there a little – precept on precept, line upon line." Journaling helps us to build line upon line. We need to be weaned from milk and mature.

### **Reviewing your Journal:**

Look for the thread. "Here a little, there a little. Precept on precept. Line upon line is how the Lord speaks."

**Daily** - review your journal before you go to sleep.

**Weekly** - Review your index once a week. After reviewing write any thoughts that come to you. This is a good Sabbath observance.

**Monthly** – Review your Index monthly. First Firday is a good time for this. Do you see any common thread?

A good time to share your journal is with your spouse, your spiritual director and/or your prayer group.

Journal about your thoughts and feelings as you look back on this study. For what are you grateful? How would you like the Holy Spirit to help you in hearing the voice of God?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



## 4 Keys to Hearing God's Voice

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer "in Jesus name."

**Jn 7:38**  
"He who believes in me,  
as the scripture has said,  
'Out of his heart shall flow  
rivers of living water.'  
**Jn 7:38**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Red = God, Trinity*.

### Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

### Lectio Divina

- |              |                |
|--------------|----------------|
| Lectio       | to read        |
| Mediatio     | to meditate    |
| Oratio       | to pray/speak  |
| Contemplatio | to contemplate |

# Reflection

As you read *Jn 7:38* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

## **4 Keys to Hearing the Voice of God** © Mark Virkler [www.cwgministries.org](http://www.cwgministries.org)

Hab 2:1-4

1\* I will take my stand to watch, and station myself on the tower, and look forth to see what he will say to me, and what I will answer concerning my complaint. 2 And the LORD answered me: "Write the vision; make it plain upon tablets, so he may run who reads it. 3\* For still the vision awaits its time; it hastens to the end--it will not lie. If it seem slow, wait for it; it will surely come, it will not delay. 4\* Behold, he whose soul is not upright in him shall fail, \* but the righteous shall live by his faith.

### **1 Be Still** (Ps 46:10) -

10 "Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth!" Prepare your heart to be ready to receive a word from the Lord knowing that he wants to speak to you. Invite His presence to come to you. Put aside the cares of your life.

### **2 Fix your Eyes on Jesus** (Heb 12:2) –

2 looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Begin to worship the Lord. Put on a worship CD or begin to sing to Him. Come into His presence. Do what helps you to warm your heart to His presence

### **3 Surrender to the Flow of the Holy Spirit** (Jn 7:38-39) –

37 On the last day of the feast, the great day, Jesus stood up and proclaimed, "If any one thirst, let him come to me and drink. 38 He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water.'" 39 Now this he said about the Spirit,

Allow the Holy Spirit to begin to fill your inmost being with words and images. We are not looking to our thoughts. We are looking to Jesus to hear what he will say and see what he will show us. Be aware of both words and images that come to you. Do not judge them at this point. Let the words and images flow as a river from the Temple of God.

### **4 Write** (Hab 2:1-3)

1 I will take my stand to watch, and station myself on the tower, and look forth to see what he will say to me, and what I will answer concerning my complaint. 2 And the LORD answered me: "Write the vision; make it plain upon tablets, so he may run who reads it. 3 For still the vision awaits its time; it hastens to the end--it will not lie. If it seem slow, wait for it; it will surely come, it will not delay. 4 Behold, he whose soul is not upright in him shall fail, but the righteous shall live by his faith.

Write in your journal all that the Holy Spirit is bringing to you.

Use the "4 Keys to Hearing God's Voice":

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Week's Review

*(Recommended to be done as part of your Sabbath/Sunday observance)*

What did you learn this week?

What scripture passages spoke to you?

What do you still have questions about or you are not clear regarding?

How do you think this week's study is going to effect your life?



# Week III



# Letter Writing

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Ps 62:8**  
Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us.  
**Ps 62:8**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Green = Prayer.*

## Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

## Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

# Reflection

As you read *Ps 62:8* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

Father John Powell S.J. teaches that there are Seven Levels of Intimacy:

- 1) Cliches
- 2) Facts
- 3) Opinions
- 4) Hopes and Dreams
- 5) Feelings
- 6) Fears, Faults and Failures
- 7) Legitimate Needs

When we journal, we want to express as much intimacy as possible to the Lord.

Write a letter to the Lord regarding what is on your heart. To whom would you address the letter?

Now allow the Lord to address you and write a letter to you. To whom does He address His letter and how does He sign it?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Discernment

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Jn 2:5**  
"Do whatever he tells you."

**Jn 2:5**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Brown = Word, God speaking, Obedience* .

## Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

## Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

# Reflection

As you read *Jn 2:5* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

Read 1 Cor 12:10 and 1 Thes 5:19-22. What do these passages teach us?

**Three principles of Discernment:**

1. Peace
  - a. Jn 14:27
  - b. Jn 20:19
  - c. Is 26:3
2. God does not contradict himself
  - a. 1 Cor 14:33
  - b. Scripture, Tradition, and Magisterium
3. Seek wise counsel
  - a. Sir 6:2
  - b. Pro 12:15
  - c. Sir 32:19

**Spiritual Direction CCC #2690**

The Holy Spirit gives to certain of the faithful the gifts of wisdom, faith and discernment for the sake of this common good which is prayer (*spiritual direction*). Men and women so endowed are true servants of the living tradition of prayer.

According to St. John of the Cross, the person wishing to advance toward perfection should "take care into whose hands he entrusts himself, for as the master is, so will the disciple be, and as the father is so will be the son." And further: "In addition to being learned and discreet a director should be experienced. . . . If the spiritual director has no experience of the spiritual life, he will be incapable of leading into it the souls whom God is calling to it, and he will not even understand them."

**Prayer Groups CCC #2689**

*Prayer groups*, indeed "schools of prayer," are today one of the signs and one of the driving forces of renewal of prayer in the Church, provided they drink from authentic wellsprings of Christian prayer. Concern for ecclesial communion is a sign of true prayer in the Church.

Use the 4 Keys, Letter Writing, or the H.O.W.S. What does the Holy Spirit want to say to you right now?

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Blocks to Hearing

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Jer 29:11**  
For I know the plans I have for you,  
says the LORD, plans for welfare  
and not for evil, to give you a future  
and a hope.  
**Jer 29:11**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Orange = Covenant, promises*

## Principles for Hearing:

- |   |           |
|---|-----------|
| 1) God is my Father                                       | 1 Jn 3:1  |
| 2) My Father has a plan for my life                       | Jer 29:11 |
| 3) My Father wants to make known<br>the plan for my life. | Is 30:21  |

## Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

# Reflection

As you read *Jer 29:11* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

### **Blocks to Hearing the Voice of God**

- \* Lack of faith that God would speak to you.
- \* Lack of formation as to how to hear from God.
- \* Lack of experience.
- \* Not taking the time to hear from God.
- \* Fear of what God might say.
- \* Not acting on a previous word from God.
- \* Sin on your soul.
- \* Not asking for the grace to hear His voice.
- \* Devotional busyness.
- \* The enemy.

Bring these blocks before the Holy Spirit and ask Him if any of these are effecting your being able to hear the voice of God, your Father. Let the Holy Spirit lead you as to Letter Writing or the 4 Keys to Hearing the Voice of God.

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



## Try to Discover God's Will

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer "in Jesus name."

**Eph 5:17**  
Therefore do not be foolish, but understand what the will of the Lord is.  
**Eph 5:17**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Orange = Covenant, promises*

### Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

### Lectio Divina

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

# Reflection

As you read *Eph 5:17* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

### **What of You Do Not Hear from God**

Sometimes we do all we can to hear God's voice and still, it seems, there is nothing to be heard. What does one do then?

Look up these scripture passages

- 1) Try to discover God's will Eph 5:10
- 2) Seek Counsel Pro 12:15
- 3) Walk by faith 2 Cor 5:7

Remember, God is bigger than your biggest mistake.  
Make your best decision and ask for His blessing knowing that He is a loving Father.

#### **Ro 8:28**

We know that in everything God works for good with those who love him, who are called according to his purpose.

Using *Lectio Divina*, let God, the Eternal Father, speak to you through this passage. Journal your dialogue with Him. Be mindful not only of thoughts but of feelings as you journal.

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Praying in Tongues

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**1 Cor 14:2**  
For one who speaks in a tongue speaks not to men but to God; for no one understands him, but he utters mysteries in the Spirit.  
**1 Cor 14:2**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Green = Prayer, Spiritual Gifts*

**Principles for Hearing:**

1) God is my Father	1 Jn 3:1
2) My Father has a plan for my life	Jer 29:11
3) My Father wants to make known the plan for my life.	Is 30:21

**Lectio Divina**

Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

## Reflection

As you read *1 Cor 14:2* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

The gift of tongues is your spirit (heart) overflowing through your tongue by the inspiration of the Holy Spirit. When one prays in tongues one enters into their spirit, which is beyond the mind. It is here, in the spirit, that the Holy Spirit comes into communion with the person to speak and give revelation.

Read the following passages:

Mk 16:17

Ac 2:1-4

Ac 10:46

Ac 19:6

Ro 8:26-27

} What did you learn about the gift of tongues?

Praying in tongues before you begin to listen to the Lord helps to loosen the bonds of your heart so that you can hear the voice of the Father. It is like a farmer plowing the field so that the seed can be planted and take root.

### Exercise:



1. **Be still**
2. **Fix your eyes** on Jesus as you pray in tongues
3. **Surrender** to the flow of the Holy Spirit. Let words and images flow into your sanctified imagination.
4. **Write** what comes to your heart

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Week's Review

*(Recommended to be done as part of your Sabbath/Sunday observance)*

What did you learn this week?

What scripture passages spoke to you?

What do you still have questions about or you are not clear regarding?

How do you think this week's study is going to effect your life?



# Week IV



# Gift of Prophecy

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**1 Cor 14:1**  
Make love your aim, and earnestly desire the spiritual gifts, especially that you may prophesy.  
**1 Cor 14:1**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Green = Prayer, Spiritual Gifts*

<b>Principles for Hearing:</b>	
1) God is my Father	1 Jn 3:1
2) My Father has a plan for my life	Jer 29:11
3) My Father wants to make known the plan for my life.	Is 30:21

<b>Lectio Divina</b>	
Lectio	to read
Mediatio	to meditate
Oratio	to pray/speak
Contemplatio	to contemplate

# Reflection

As you read *1 Cor 14:1* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

Prophecy is the gift whereby the Holy Spirit manifests his presence by speaking in first person through a believer to another believer or to the Church.

Prophecy sounds like this

- “Thus saith the Lord, my people...”
- “My people, I would say to you...”
- “For the Lord would say...”
- “Hear me, for I am the Lord, and I say...”

### Examples of New Testament Prophecies

Zacharias (Luke 1:67-79); Agabus (Ac 11:27-30; Ac 21:10-11)

### Manifest the Presence of God

1 Cor 14:24-25

But if all prophesy, and an unbeliever or outsider enters, he is convicted by all, he is called to account by all, the secrets of his heart are disclosed; and so, falling on his face, he will worship God and declare that God is really among you.



5. **Be still**
6. **Fix your eyes** on Jesus as you pray in tongues. Ask the Holy Spirit, “Why does prophecy would manifest the presence of God?”
7. **Surrender** to the flow of the Holy Spirit. Let words and images flow into your sanctified imagination.
8. **Write** what comes to your heart.

### Practice *Lectio Divina* with these scriptures:

Num 11:29

But Moses said to him, "Are you jealous for my sake? Would that all the LORD's people were prophets, that the LORD would put his spirit upon them!"

1 Thes 5:19-21

Do not quench the Spirit, do not despise prophesying, but test everything; hold fast what is good...

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



## Encourage, Edify, Exhort

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer "in Jesus name."

**1 Cor 14:3**  
On the other hand, he who prophesies speaks to men for their upbuilding and encouragement and consolation  
**1 Cor 14:3**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God's Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Brown = Word of God, Commandments, Prophecy*

### Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

### Lectio Divina

- |              |                |
|--------------|----------------|
| Lectio       | to read        |
| Mediatio     | to meditate    |
| Oratio       | to pray/speak  |
| Contemplatio | to contemplate |

# Reflection

As you read *1 Cor 14:3* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

Prophecy is given to the Church to

<b>E</b> ncourage	Comfort
edify	Clarify
exhort	Command

### Examples:

#### Word of Encouragement/Comfort -

"My people, I am a loving Father seeking always the good of His children. With this in mind, come to Me and trust Me."

#### Word of Edification/Clarify—

Little ones, I am not asking you to add more penances to your life, I am asking you to simply offer Me the love that you give others. This will console My most merciful heart.

#### Word of Exhortation/Command—

Listen to Me and harken to my words, It is time for you to lay aside your self concerns and step forth in faith to lead others to my Kingdom trusting that I will give you the words to speak.

NOTE: When using the gift of prophecy there are some things to avoid. See the Seminar booklet "Hearing the Voice of God" pg 17.

Using the "4 Keys to hear God's Voice" ask the Holy Spirit to give you words of prophecy in each of the areas for which prophecy is given.



9. **Be still**

10. **Fix your eyes** on Jesus as you pray in tongues. Ask the Holy Spirit, to give you a word of Encouragement, a word of Edification, and a word of Exhortation.

11. **Surrender** to the flow of the Holy Spirit. Let words and images flow into your sanctified imagination.

12. **Write** what comes to your heart.

#### Word of Edification/Clarify—

#### Word of Edification/Clarify—

#### Word of Exhortation/Command—

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Word of Knowledge

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**Heb 4:13**  
And before him no creature is hidden, but all are open and laid bare to the eyes of him with whom we have to do.

**Heb 4:13**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Red = God, Trinity, Attributes of God*

## Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

## Lectio Divina

- |              |                |
|--------------|----------------|
| Lectio       | to read        |
| Mediatio     | to meditate    |
| Oratio       | to pray/speak  |
| Contemplatio | to contemplate |

# Reflection

As you read *Heb 4:13* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*.

The Word of Knowledge is the gift whereby the Holy Spirit manifest His presence by making known to a believer something they could not have known about someone by their intellect alone.

### Word of Knowledge in the New Testament:

- \* Jesus and Nathanael (Jn 1:47-49)
- \* Ananias in the conversion of Paul (Acts 9:10-12 and 17-19).
- \* Cornelius in finding Peter, who then was instrumental in bringing the Holy Spirit to the Gentiles (Acts 10).

### Examples of Word of Knowledge:

"I believe the Lord is telling me that you are about to buy a car. Does this fit your life?"

"The name \_\_\_\_\_ keeps coming to me. Is this someone in your life?"

"I sense that we need to pray for your marriage. Does this fit your prayer need right now?"

Many times the gift of prophecy is coupled with word of knowledge.

### Exercise:

Using the "4 Keys to hear God's Voice" ask the Holy Spirit to show you a person or situation that needs prayer. Ask the Spirit how to pray for the person or situation.



13. **Be still**

14. **Fix your eyes** on Jesus as you pray in tongues. Let the Holy Spirit bring you a situation and show you how to pray for the situation.

15. **Surrender** to the flow of the Holy Spirit. Let words and images flow into your sanctified imagination.

16. **Write** what comes to your heart.

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Prophecy and Word of Knowledge for others

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**1 Cor 12:7**  
To each is given the manifestation  
of the Spirit for the common good.  
**1 Cor 12:7**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Green = Prayer, Spiritual Gifts*

## Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

## Lectio Divina

- |              |                |
|--------------|----------------|
| Lectio       | to read        |
| Mediatio     | to meditate    |
| Oratio       | to pray/speak  |
| Contemplatio | to contemplate |

# Reflection

As you read *1 Cor 12:7-11* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*. Ask the Holy Spirit, “What gifts from this list have you given me for others?”

Prophecy is the gift whereby the Holy Spirit manifests his presence by speaking in first person through a believer to another believer or to the Church.

Prophecy sounds like this

{ "Thus saith the Lord, my people..."  
"My people, I would say to you..."  
"For the Lord would say..."  
"Hear me, for I am the Lord, and I say..."

The Word of Knowledge is the gift whereby the Holy Spirit manifest His presence by making known to a believing something they could not have known about someone by their intellect alone.

### Examples of Word of Knowledge:

"I believe the Lord is telling me that you are about to buy a car. Does this fit your life?"

"The name \_\_\_\_\_ keeps coming to me. Is this someone in your life?"

"I sense that we need to pray for your marriage. Does this fit your prayer need right now?"

### Examples of Word of Knowledge coupled with Prophecy:

"I believe the Lord is showing me that you are feeling as if God is distant and your prayers are useless. Does this fit your life?"

"Yes."

"For I the Lord, would say to you, my beloved daughter, see I am near you and I do hear your prayers. I know that life is difficult for you at the moment, but I am here to help you..."

### Exercise:

Using the "4 Keys to hear God's Voice" ask the Holy Spirit to show you a person or situation that needs to hear from God. Ask the Spirit to give you a Word of Prophecy or Word of Knowledge for this person.



#### 17. **Be still**

18. **Fix your eyes** on Jesus as you pray in tongues. Let the Holy Spirit bring you a situation and show you how to pray for the situation.

19. **Surrender** to the flow of the Holy Spirit. Let words and images flow into your sanctified imagination.

20. **Write** what comes to your heart.

NOTE: When using the gift of prophecy there are some things to avoid. See the Seminar booklet "Hearing the Voice of God" pg 17.

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



## Where to Go From Here

**1** Start with prayer: Pray to the Father and ask the Father to send you the Holy Spirit to be with you as you consider the following questions. Thank Him for the blessings you are about to receive. Ask for His help. End your prayer “in Jesus name.”

**1 Thes 5:20-21**  
Do not quench the Spirit, do not despise prophesying, but test everything; hold fast what is good,  
**1 Thes 5:20-21**

**2** Read the Word: Look up and prayerfully read this scripture. Take your time and allow God’s Word to soak into your heart. Allow the Holy Spirit to minister meaning to this Word from God, your Father, to you. You have spoken to Him through your prayer; now allow Him to speak to you through this scripture.

**3** Commit this passage to memory this week. Your packet will have a business size card with this scripture written on it. Carry it with you and read it through out the day. Make sure to look this up in your Bible so that you will know where it is located.

**4** If you are using a color-coding system to mark your Bible, use orange to mark this passage. *Brown = Word of God. Commandments, Prophecy*

### Principles for Hearing:

- |  |           |
|--|-----------|
| 1) God is my Father                                    | 1 Jn 3:1  |
| 2) My Father has a plan for my life                    | Jer 29:11 |
| 3) My Father wants to make known the plan for my life. | Is 30:21  |

### Lectio Divina

- |              |                |
|--------------|----------------|
| Lectio       | to read        |
| Mediatio     | to meditate    |
| Oratio       | to pray/speak  |
| Contemplatio | to contemplate |

# Reflection

As you read *Num 11:29* what does the Holy Spirit speak to your heart (be aware of thoughts and feelings)? Use *Lectio Divina*. Ask the Holy Spirit, “What gifts from this list have you given me for others?”

Describe the ways the Holy Spirit has caused you to grow since you began this study in Hearing the Voice of God:

What tools have you learned from this study?

- 1.
- 2.
- 3.
- 4.
- 5.

**Exercise:**

Using the "4 Keys to hear God's Voice" or Letter Writing, ask the Holy Spirit to show you where you are to go now that you have completed Hearing the Voice of God.



21. **Be still**
22. **Fix your eyes** on Jesus as you pray in tongues. Let the Holy Spirit bring you words or images as to where you are to go now that you have completed Hearing the Voice of God.
23. **Surrender** to the flow of the Holy Spirit. Let words and images flow into your sanctified imagination.
24. **Write** what comes to your heart.

# Journal Sheet

Date: \_\_\_\_\_

Subject: \_\_\_\_\_



# Week's Review

*(Recommended to be done as part of your Sabbath/Sunday observance)*

What did you learn this week?

What scripture passages spoke to you?

What do you still have questions about or you are not clear regarding?

How do you think this week's study is going to effect your life?



# ***Introduction to the Devout Life***

*St Francis DeSales*

## **CHAPTER IV.**

### ***The Need of a Guide for those who would enter upon and advance in the Devout Life.***

WHEN Tobias was bidden to go to Rages, he was willing to obey his father, but he objected that he knew not the way;--to which Tobit answered, "Seek thee a man which may go with thee;" (Tob 5:3) and even so, daughter, I say to you, If you would really tread the paths of the devout life, seek some holy man to guide and conduct you. This is the precept of precepts, says the devout Avila,--seek as you will you can never so surely discover God's Will as through the channel of humble obedience so universally taught and practiced by all the Saints of olden time. When the blessed Teresa read of the great penances performed by Catherine of Cordova, she desired exceedingly to imitate them, contrary to the mind of her Confessor, who forbade her to do the like, and she was tempted to disobey him therein. Then God spoke to Teresa, saying, "My child, thou art on a good and safe road:-- true, thou seest all this penance, but verily I esteem thy obedience as a yet greater virtue:" --and thenceforth S. Teresa so greatly loved the virtue of obedience, that in addition to that due to her superiors, she took a vow of special obedience to a pious ecclesiastic, pledging herself to follow his direction and guidance, which proved an inexpressible help to her. And even so before and after her many pious souls have subjected their will to God's ministers in order the better to submit themselves to Him, a practice much commended by S. Catherine of Sienna in her Dialogues. The devout Princess S. Elisabeth gave an unlimited obedience to the venerable Conrad; and one of the parting counsels given by S. Louis to his son ere he died was, "Confess thyself often,--choose a single-minded, worthy confessor, who is able wisely to teach thee how to do that which is needful for thee." "A faithful friend," we are told in Holy Scripture, "is a strong defense, and he that hath found such an one hath found a treasure;" (Ecclus 6:14) and again: "A faithful friend is the medicine of life; and they that fear the Lord shall find him." (Ecclus 5:16) These sacred words have chiefly reference, as you see, to the immortal life, with a view to which we specially need a faithful friend, who will guide us by his counsel and advice, thereby guarding us against the deceits and snares of the Evil One:--he will be as a storehouse of wisdom to us in our sorrows, trials and falls; he will be as a healing balm to stay and soothe our heart in the time of spiritual sickness,--he will shield us from evil, and confirm that which is good in us, and when we fall through infirmity, he will avert the deadly nature of the evil, and raise us up again.

But who can find such a friend? The Wise Man answers:--"He that feareth the Lord:"(Ecclus 6:17) that is to say, the truly humble soul which earnestly desires to advance in the spiritual life. So, daughter, inasmuch as it concerns you so closely to set forth on this devout journey under good guidance, do you pray most earnestly to God to supply you with a guide after His Own Heart, and never doubt but that He will grant you one who is wise and faithful, even should He send you an angel from Heaven, as He sent to Tobias.

In truth, your spiritual guide should always be as a heaven-sent angel to you;--by which I mean that when you have found him, you are not to look upon him, or trust in him or his wisdom as an ordinary man; but you must look to God, Who will help you and speak to you through this man, putting into his heart and mouth that which is needful to you; so that you ought to hearken as though he were an angel come down from Heaven to lead you thither. Deal with him in all sincerity and faithfulness, and with open heart; manifesting alike your good and your evil, without pretence or dissimulation. Thus your good will be examined and confirmed, and your evil corrected and remedied; --you will be soothed and strengthened in trouble, moderated and regulated in prosperity. Give your guide a hearty confidence mingled with sacred reverence, so that reverence in no way shall hinder your confidence, and confidence nowise lessen your reverence: trust him with the respect of a daughter for her father; respect him with the confidence of a son in his mother. In a word, such a friendship should be strong and sweet; altogether holy, sacred, divine and spiritual. And with such an aim, choose one among a thousand, Avila says;--and I say among ten thousand, for there are fewer than one would think capable of this office. He must needs be full of love, of wisdom and of discretion; for if either of these three be wanting there is danger. But once more I say, ask such help of God, and when you have found it, bless His Holy Name; be steadfast, seek no more, but go on simply, humbly and trustfully, for you are safe to make a prosperous journey.

