

# (How to Hear the Voice of God) pt 2

## **Ps 85:8**

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

DRB

### **Principles for Hearing:**

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

### **Today's memory verse:**

1 Sam 3:10

"Speak, for your servant is listening."

1 Sam 3:10

Good fathers speak to their children.

Mt 7:7-11

7\* "Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. 8 For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. 9 Or what man of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

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.

Psalm 32:8-9

8 I will instruct you and teach you the way you should go; I will counsel you with my eye upon you. 9 Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, else it will not keep with you.

Psalm 48:14

14 that this is God, our God for ever and ever. He will be our guide for ever.

Psalm 73:24

24 Thou dost guide me with thy counsel, and afterward thou wilt receive me to glory.

## **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 give 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.

### Ex 33:7-11

7 Now Moses used to take the tent and pitch it outside the camp, far off from the camp; and he called it the tent of meeting. And every one who sought the LORD would go out to the tent of meeting, which was outside the camp. 8 Whenever Moses went out to the tent, all the people rose up, and every man stood at his tent door, and looked after Moses, until he had gone into the tent. 9 When Moses entered the tent, the pillar of cloud would descend and stand at the door of the tent, and the LORD would speak with Moses. 10 And when all the people saw the pillar of cloud standing at the door of the tent, all the people would rise up and worship, every man at his tent door. 11\* Thus the LORD used to speak to Moses face to face, as a man speaks to his friend.

God would speak to Moses as a man speaks to his friend.

How do you feel when you hear this?

For me

Wow

Envy

I want a relationship like that. For me the change came through

Imitation of Christ Book III – Christ and a soul conversing.

The Book He and I - Christ and a soul conversing.

The movie "The Day the Sun Danced"

My desert cave.

I read Ex 33:7-11 and believed it for me.

People say to me, "It's hard to hear God."

There are many reasons for this. In the last session I am going to give you a list of "Blocks to Hearing God's Voice." These are not blocks, but two of the reasons we do not hear from God are

1) He usually speaks in a still small voice.

2) His voice sounds familiar.

We want him to sound like the voice of God from the Burning Bush scene in "The Ten Commandments".

Tell the story of Pete Summers and Cecil B. DeMille. Though God can make himself sound this way, he usually speaks in a familiar voice.

Still Small Voice - See 1 Kings 19:9-13

9 And there he came to a cave, and lodged there; and behold, the word of the LORD came to him, and he said to him, "What are you doing here, Elijah?" 10\* He said, "I have been very jealous for the LORD, the God of hosts; for the people of Israel have forsaken thy covenant, thrown down thy altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." 11 And he said, "Go forth, and stand upon the mount before the LORD." And behold, the LORD passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; 12 and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice. 13 And when Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

Familiar Voice – See 1 Sam 3:1-16

1 Now the boy Samuel was ministering to the LORD under Eli. And the word of the LORD was rare in those days; there was no frequent vision. 2 At that time Eli, whose eyesight had begun to grow dim, so that he could not see, was lying down in his own place; 3 the lamp of God had not

yet gone out, and Samuel was lying down within the temple of the LORD, where the ark of God was. 4 Then the LORD called, "Samuel! Samuel!" \* and he said, "Here I am!" 5 and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. 6 And the LORD called again, "Samuel!" And Samuel arose and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." 7 Now Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him. 8 And the LORD called Samuel again the third time. And he arose and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. 9 Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, Speak, LORD, for thy servant hears." So Samuel went and lay down in his place. 10 And the LORD came and stood forth, calling as at other times, "Samuel! Samuel!" And Samuel said, "Speak, for thy servant hears." 11 Then the LORD said to Samuel, "Behold, I am about to do a thing in Israel, at which the two ears of every one that hears it will tingle. 12 On that day I will fulfill against Eli all that I have spoken concerning his house, from beginning to end. 13 And I tell him that I am about to punish his house for ever, for the iniquity which he knew, because his sons were blaspheming God, \* and he did not restrain them. 14 Therefore I swear to the house of Eli that the iniquity of Eli's house shall not be expiated by sacrifice or offering for ever." 15 Samuel lay until morning; then he opened the doors of the house of the LORD. And Samuel was afraid to tell the vision to Eli. 16 But Eli called Samuel and said, "Samuel, my son." And he said, "Here I am."

Notice that Samuel thought that God's voice was Eli.  
 God spoke to Samuel with the sound of a familiar voice.

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**H.O.W.S.**

I want to give you the **HOWS** of how God speaks to us. Pay attention to these.

**Heart**

**Others**

**World**

**Sacred 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

Don't just go with one. Ask for a confirmation.

2 Cor 13:1

Behold, this is the third time I am coming to you: In the mouth of two or three witnesses shall every word stand.

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This confirmation should come

**H**earth

**O**thers

**W**orld

**S**acred Revelation

## **Promptings of the Holy Spirit**

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

More we respond, the more they will come.

Lk 16:10

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

Obedience

Mt 7:21

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

15\* "If you love me, you will keep my commandments.

Jas 1:22

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

The more we obey, the more the promptings will come because God knows He can trust us with His will.

## **Tool:**

### **Journaling**

Journal is not a diary. A journal is to record your dialogue with the Lord and not to record events.

### **Why is journaling important:**

Mother Nadine Brown of the Intercessors of the Lamb

\* Journaling focuses us so that we do not wander from the Lord during our prayed listening time.

\* Journaling focuses us so that we can find the thread of what God is trying to say to us.

\* Journaling helps us get a recall of what has happened during our prayer time.

\* Journaling helps us to get in touch with our feelings and learn to recognize the movements of the heart, consolation and desolation.

\* In times of aridity and desolation, we have a tendency to think that God never speaks to us but when we reread our journal, we see that, yes, the Lord has been speaking to us, even in these times of dryness.

\* Journaling helps us to avoid just thinking about ourselves which will go nowhere. It doesn't mean that we can't think about ourselves and get our feelings out, but we take our feelings to God. This is healthy introspection that leads to dialogue with God. It helps us deal with the truth of the emotions that are there.

## **How to Journal**

I recommend that you buy a journal that will be sacred to you.

Do not write in the first 6 pages as this will be your index. I will talk more about this. Number your pages, beginning on page 7 of your journal. This will be page #1 for your journaling.

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.

Enter into a time of prayer. Increase your faith by remembering the

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3) My Father wants to make known the plan for my life. Is 30:21

Then say, "Speak, Lord, your servant is listening." If you have the gift of tongues, use this gift before you begin to write.

At this point you can use Lectio Divina or "The 6 Keys to Hearing God Speak" that I will give you in the next session.

Write down what comes to you. It does not need to be in full sentence.

Let your thoughts and feelings flow.

Do not judge your thoughts or feelings, just write them down.

The freer you are with your self expression, the freer you will be in being able to allow the Holy Spirit to speak to you.

2 Cor 3:17

17\* Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

Jn 7:38

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

In these passages there are two words associated with the presence and work of the Holy Spirit:

Freedom

Flow

When we open our hearts to the voice of God through journaling, the Holy Spirit will come when we are free and let him flow.

Do not only tune your heart to words, let the Holy Spirit also bring you images, pictures. Even if something does not make sense to you, at the time, write it down as it might be a piece of the puzzle that will fit in a day, a week, or a month.

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

Tapestry from the back

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. Hearing God and being led by God is a sign of maturity:

Ro 8:14

14 For all who are led by the Spirit of God are sons of God.

Remember, I said to leave the first 6 pages of your journal blank?

When your time of listening and journaling, go to your Index and summarize your thoughts in a few words and then write down the pages you will find these revelations on.

### **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 Friday 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.

## **Spiritual Exercise:**

### **1) Letter writing**

Review the H.O.W.S. and ask the Holy Spirit to show you in which one of these does he want to speak to you.

Write a Letter to God, the Father, based on which one of the H.O.W.S. he is using to speak to you.

Start your Letter likes this, "Heavenly Father,  
End with your name.

Now, let the Father speak to you:

Start your Letter with "Dear your name,"

Be free and let the Holy Spirit brings the words of the Father to you.

End it with, "Love, your Father in heaven."

## **2) Lectio Divina:**

Ps 139

Is 49:14-16

Ro 5:8

## **3) What do you want, Lord?**

As you go through your day, stop and ask God, "What do you want, Lord?" This will help you to be sensitive to the promptings of the Holy Spirit.

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