



# LEARNING TO HEAR JESUS BY JOURNALING 7-4-1

1. **Talk to God**—In a few sentences tell God what you appreciate about Him or whatever else comes to your heart and mind (*Be honest!*)
2. **Confess**—Write down any sins or attitudes and then surrender to Jesus and invite Him into your day and all that you are doing.
3. **Invite Him to Speak to You**—“Jesus, I so much want to learn how to hear your voice. Do you have anything you want to say to me? Do you have any words for me?”
  - a. Listen for a few minutes and write what He tells you.
  - b. Ask Him these very specific questions, pause after each, and write what you sense or what impression comes to your heart/mind. (*Don't self-doubt/self-check—i.e., “Jesus would never say that to me, that's too good.”*)  
“Jesus, would you show me how much you love me? Give me a picture, a memory, a verse that shows me.”  
“Jesus, what do you think of my heart?”  
“Jesus, what do you think of my life?”  
“Jesus, what do you think of me as a man?”  
“Jesus, do you have a new name for me that shows me or tells me how you see me?”  
“Jesus, what do you think of my masculine heart?”  
*Remember : Anything you hear that contradicts Scripture is NOT from God (i.e., “I think God is leading me to this affair.”)*
4. **Read Your Bible**—Consider reading a short paragraph from one of the gospels (try Luke for starters). Ask Father, “What do you have to say to me?” We suggest using The Message or NIV translations.
5. **Choose a 5th day** to look back at what Father has spoken to you to begin to believe that what He has said to you is true.

## *Don't forget:*

The temptation will be to self-doubt: “God couldn't be saying that to me. I'm making this up.” Be aware of this and trust in faith that what you are hearing is from God. Renounce any limitations you have placed on Jesus (i.e., Jesus will not speak to me, etc.). And be sensitive to the enemy and his attempts to rob you of life in this time. Fear, condemnation, reproach, shame—you must say “NO!” Be confident that God will **NOT** speak to you in a voice that brings condemnation, shame, reproach, or dread.

*Submit yourselves, then, to God. Resist the devil, and he will flee from you. So let God work His will in you (NIV). Yell a loud no to the devil and watch him scamper. Say a quiet yes to God and He'll be there in no time (MSG).  
James 4:7*

## *Suggestions:*

- **Highlight His words to you**—It's a great way to capture a summary of all God speaks to you in your time with Him.
- **Type your entries**—save as a Word document for each month (*ie. April 2020*). This helps in ease of searching in your journals, and it's easy to read!
- **Create a Jesus' words page**—Create a separate page where you put all of what Jesus has spoken to you in one document (*i.e., Jesus' Words April 2020*). This is a great way to reference His guidance/affirmation throughout the year.
- **Devotional Break**—For a season, consider setting aside all your daily devotional helps and focus on learning to hear Jesus himself speak to you so it's very personal.