



# HEARING FROM JESUS: 7-4-1 GOING DEEPER

*Encouragement for Learning to hear from Jesus*

We hope you've been able to review the handout: "Learning to Hear Jesus by Journaling 7-4-1" from the Expedition. We wanted to give you some additional suggestions to encourage you when journaling.

- The goal is to do 7 minutes, 4 days a week. At this point we do not suggest having a goal of more than 7 minutes. We do not want you to become discouraged and end up giving up on journaling due to lofty goals that are unattained. This is why we suggest 7 minutes. Have a goal of 4 days and if you do 3 days, that's wonderful. That's a "win" for your heart.
- Spend most of those 7 minutes listening to Jesus and asking those specific questions from the 7-4-1 handout.
- Listening through journaling works best if you can get quiet inside your heart. Cultivate an atmosphere where you can actually hear from Jesus. *Suggestion: have a separate piece of paper next to you (in addition to your journal/laptop/iPad) where you can write down those distracting thoughts and things-to-do that come into your mind, and then get back to them after you finish journaling.*
- Don't beat yourself up when you get distracted or your mind drifts. That's the old way of shame, self-reproach, and striving for perfection, rather than enjoying and owning being the courageous son of God that you are. Simply say, "Jesus, thank you for bringing me back to You, I am here again 100% and want to hear from You."
- Learning to listen to Jesus, rather than doing prayer speeches at Him, is a learned skill. For a season, (3-6 months), we suggest putting away any devotionals, and allowing Jesus to speak to your heart so you can learn to hear His voice for yourself. You don't want to rely on someone else's words from Jesus — you want to own what Jesus says **to you**, and **about you** and **your strong heart**.
- When you begin this process of listening to Jesus through journaling **90% of what He tells you will be about your identity, and Him telling you over and over how much He loves you**. Jesus wants you to own that *you are loved* and own how He sees you as His courageous son.
- Jesus speaks most clearly to a fully surrendered heart and life. We suggest at the beginning of your journaling time to speak to Jesus and fully surrender: "Jesus, I again give myself to you completely, and I will follow as you direct me. I am past negotiating and fully surrendered. I am willing to hear a 'no' as well as a 'yes' from you. Speak to me as you wish."
- Once a week, **REVIEW** the words Jesus has spoken to you in the previous week. The one day to review is incredibly important so you can be reminded of what Jesus has spoken to you. After two weeks, look over the previous 2 weeks. Then after 3 weeks, look over the previous 3 weeks, etc. After 2 months, I promise that you will be blown away and you **WILL** begin to genuinely believe that what Jesus is saying to you about Himself, you, your heart and your masculinity is true. You will then begin to own what Jesus has spoken to you.
- The "7-4-1" document is just *one way* of journaling. There are many different ways of doing this. You will want to find what works best for you. However, I do encourage you to use the specific questions in the 7-4-1 document for *at least* 4 weeks, (the longer you use these questions the better).