



More on Hearing From Jesus

You were created for connection with Jesus.

I hope you've been able to establish a rhythm of journaling, or have at least tried to start journaling, since being home. Learning to hear from Jesus comes only when we are very intentional. It does not happen magically. We have to carve out times of solitude to learn to hear from Him.

Learning this is crucial. There is no substitute for Hearing from Jesus — it is the very thing you desire most because it is the path to the life that you were made for.

Here are a few more things to remember about hearing from Jesus :

- Be aware that anytime you move towards Jesus, you will be opposed. Remember to live out James 4:7 : "Yell a loud "NO!" to the devil and watch him scamper; say a quiet "yes" to God and He will be there in no time."
- You will most likely need to renounce several agreements you've made, such as: "I won't hear from Jesus," "Jesus will not speak to me like He speaks to other people," "This won't work, I'm not going to hear anything," "This is too hard," and other similar thoughts.
- When those thoughts come, and they will, renounce them and say,
"No, I reject that. I renounce that. It _____(name the lie)_____ is a lie. Jesus, you have told me in John 10:1-4 that you speak to your followers. I believe that rather than this lie. I ask you to speak to me in this time. Show me how to learn to hear your voice."
- Try and aim for 4 times a week, limiting yourself to 7 minutes (per our suggestion of the 7-4-1). We want this to be doable!

Three reminders from last week:

1. Learning to listen to Jesus, rather than doing prayer speeches at Him, is a learned skill. For a season, (3-6 months), we suggest setting aside any devotional materials and focusing on learning to listen to Jesus as He speaks. By doing this, you will make space to hear Him speak to you in very personal, unique ways.
2. When you begin this process of listening to Jesus through journaling, 90% of what He will tell you will be about your identity, and how you are loved by Him. He wants you to **own that you are loved** and **own how He sees you**. Please resist the urge to dismiss what Jesus says and self-check the things He tells you that seem *too good to be true*. The fact is: Jesus will tell you things about you and His love for you that will seem over the top and will probably embarrass you.
3. Remember to set aside 1 day a week to review what Jesus has spoken to you. Suggestion: mark/highlight the words Jesus has spoken in a different color, so they are easily seen. Reviewing is so important because it is in this revisiting and rereading time when you will begin to believe that what Jesus is saying to you is actually true.