



Session 1 Four Keys to Hearing God's Voice & Two-way Journaling

I. Introduction

II. Goals for these sessions:

- A. To help you tune into the *still small voice of God*, and recognize His thoughts in your mind. This will bring your relationship with Jesus to a whole new level.
- B. For some of you this will reinforce and confirm what you're already experiencing. For others you will learn some new approaches and tools for ministry and your walk with the Lord.
- C. That you will develop greater intimacy and friendship with God
- D. That you'll move from knowing God intellectually to heart knowledge, and get to truly know the Father's love for you (this will transform your life).
- E. That you'll learn to quiet your mind and be in His Presence so you can receive revelation from the Holy Spirit.
- F. That you will be able to hear His voice every day, in your quiet times and "on the fly."

III. God has many different ways of communicating with us.

John 10:27 – "My sheep hear My voice, and I know them, and they follow Me."

IV. Four Keys to Hearing God's Voice

From Mark Virkler, *Communion With God Ministries* (CWGministries.org).

Habakkuk 2:1-2 – "I will stand my watch and set myself on the rampart, and watch to see what he will say to me."

- A. The 4 keys:
 - 1. Quiet yourself down (**stillness**)
 - 2. Look for vision/look to Jesus (**vision**)
 - 3. Tune to the flow of spontaneous thoughts and/or pictures in your mind (**spontaneity**)
 - 4. Write it out without judging, with childlike faith (**journaling**). Next week we will discuss how to discern that you're hearing His voice, not the voice of your flesh or the enemy. It's too big of a topic to discuss this week.
- B. Hand motions to help you remember (stillness, vision, spontaneity, journaling)

V. Activation

- A. Write down the question: "Lord what do you want to say to me about our relationship?"

- B. Write down the thoughts or mental pictures that effortlessly flow into your mind. Write without judging, in childlike faith. Don't stop to evaluate—just write!

- C. Share what you wrote with someone else. Did it sound like God to you?

- D. Do this several times this week.
 - 1. Use a different scenario – visualize yourself in any favorite place with Jesus.
 - 2. Use the 4 keys and see what He has to say to you.)
 - 3. Ask the question, “*Lord, what do you want to say to me today?*”