

## Session 4: Listening for me

### Session notes

- Recap
  - God wants to speak to you and through you, for you and for others.
  - To build up/call up, encourage, comfort
  - We've talked about highlighted objects (I saw, God said) and God putting images and pictures into our minds.
- This week, we're going to explore hearing God for ourselves, about ourselves
- This can be complex: the more emotionally invested we are in something the more maturity is needed in discerning Holy Spirit from our spirit. And we are pretty emotionally invested in ourselves.
- A core aspect to this is therefore healthy spiritual habits – reading the bible regularly, personal prayer, praying in tongues, resting in God's presence, fasting ...this grounds us in God and helps us navigate ourselves, so to speak.
- God can also speak to us through the bible. A verse (or story) will jump out and speak to us, both to challenge us, or to comfort us, or to encourage us.. Jacob example?
- Another example: moving to Wantage. Story told by Clive, replicated in me.
- But key point: both of those examples were confirmed through prophetic input from other people and conversations with wise counsellors.
- It is good to hear God for ourselves, and good to bring it to others for input.
- Final note: God will generally encourage us
- He will also challenge us and call us up

### Exercise

In this exercise we are looking for **encouragements** from God. In pairs: person A and person B, both people take time to listen for person A (first). Person A then shares what they felt God say to them; then person B shares what they had felt. It is more likely than not that they will have heard the same thing, or something that meshes together really well. Repeat for person B. This time everyone needs to have got into their pairs *before* starting the exercise.

Final encouragement/challenge (not on video, session leader to give)

Ask God what he has to say to you in your quiet time. Let him encourage you.

Look also for an opportunity to hear what God has to say in a meeting you are in and share it (church, work, etc).

### Notes to help the session run well

Plan good pairs – try not to put two people who are low in confidence or are finding it harder to hear God together. It could be helpful to use the planning sheet from last week again.

Again, having some things that God can highlight in the room is helpful.

