

LISTENING PRAYER GUIDE

Listening prayer is a prayer method that helps you hear God's voice better by removing noise and quieting your mind. Often our prayers can be one-way communication; we ask God for things. This isn't bad, but God desires prayer to be a two-way conversation. The act of sitting in silence and listening to God helps us to re-center our priorities, taking the focus away from ourselves and our own goals, lives, and to-do lists, and focusing instead of God.

How to Practice Listening Prayer

Set aside some quiet time to focus on God.

Sometimes the hardest part of listening prayer is creating the space to be quiet. You could make space by waking up a little earlier in the morning, taking a walk, or sitting in the bathroom. Find time in your daily routine to be quiet.

Ask Jesus to limit other voices and help you focus on Him.

Start out your time by praying, "Jesus, keep any other voice that isn't yours from distracting me. Help me focus on you. Speak Lord, your servant is listening."

Sit in silence and listen.

If you're just starting, try 3 minutes in silence and work your way up as you keep practicing. If your mind wanders or you get distracted, gently acknowledge the distraction and take a deep breath to help focus your attention. Distractions will happen. It's ok. It might help to keep a notepad nearby to write down any thoughts or "to-do" lists so you can set them aside and come back to them later.

Take note of what comes to your mind and your heart.

God speaks in a variety of ways. Sometimes he speaks by bringing a scripture verse or a song lyric to mind. Sometimes he speaks through a word picture or image in your mind. Sometimes he speaks with a thought or impression. Write down the things that come to your mind that you think might be from God.

Test what you sense God saying to you.

Since not every thought or impression is always from God, we need to make sure what we sense in these quiet moments is from Him. Check to see if what you heard lines up with scripture. Anything God speaks will produce fruit of the spirit in you - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22). If anything you hear brings fear, shame, anxiety, or condemnation, it isn't God's voice. Share what you heard with a trusted mentor or spiritual leader to see if they agree this might be something God would say.

Give thanks and live it out.

Thank God for speaking to you. Now, do your best to take the steps to live out what you felt God say.

Other Resources:

[Another Listening Prayer Guide](#)

[Deeper Walk International - Podcast episode about listening prayer](#)

[An Everyday Experiment of Hearing From God](#) - excerpts from pastor and author Richard Foster's journal that give practical examples of someone who was trying to listen to God in everyday life.