



## Listening Prayer Exercise

### Listening to God

*“Wherever there are hearts waiting for the Voice of God, that Voice is to be heard.”*

G. Campbell Morgan

God is interested in communicating in a personal way with each of us. For many, the only reason we haven’t heard Him speak personally to us is that we haven’t taken the time to truly listen. The following exercise is an opportunity to listen to Him and to bare our soul to Him, rather than merely reflecting on ourselves with our cognitive mind. In getting ready to hear from God, the following listening prayer guidelines have proved helpful to many.

1. **Still and quiet your soul** – “I have stilled and quieted my soul like a weaned child with its mother” (Psalm 131:2, NIV)
2. **Take authority over enemy** – pray something like, *In the name of Jesus I prohibit any demonic forces speaking or interfering with this time* (James 4:7).
3. **Invoke His presence** – acknowledge Him as the One who is truly present. Pray something like, “Come, Lord Jesus, come” (Psalm 70:1).
4. **Ask God to search your heart** – talk to Him about what He reveals. Confess any sin (Psalm 139).
5. **Ask God to speak to you** – “Speak LORD, for Thy servant is listening” (1 Samuel 3:9-10).
6. **Wait in silence** – quiet your heart with the words, “My soul *waits* in silence for God only” (Psalm 62:1). “Be still and know that I am God” (Psalm 46:10a, NIV).
7. **Write down your impressions** – this may be words, phrases, visual images, or thoughts that come into your mind through the still small voice of the indwelling Holy Spirit.

As you go into listening prayer, ask: *Lord, do You have anything you want to say to me about Your thoughts toward me?* Psalm 139:17

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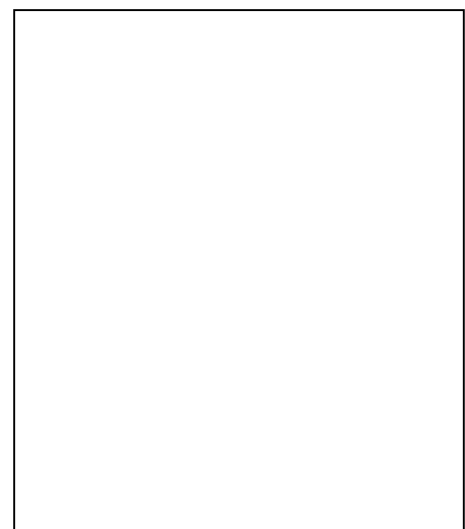
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