

MY GOD IN MOTION...

# Hear Gods Voice – Interactive Journaling

*"My sheep hear my voice,..." John 10:27*

Lessons Learned / Best Practice

01-20-2025

# Hear God's Voice On Demand

What:

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

Why:

“My people are **destroyed** for **lack of knowledge**.” Hosea 4:6

“For as the heavens are higher than the earth, So are **My ways** higher than your ways, And **My thoughts** than your thoughts.” Isaiah 55:9

“Trust in the Lord with all your heart, And lean not on your own **understanding**.” Proverbs 3:5

“So then **do not be foolish**, but **understand what the will of the Lord is**.”  
Ephesians 5:17

# How: He Is Accessible

Joel 2:28/Acts 2:17

“And it shall come to pass in the last days, Says God  
That I will **pour out of My Spirit** on all flesh;  
Your sons and your daughters shall **prophecy**,  
Your young men shall see **visions**,  
Your old men shall dream **dreams.**”

James 1:5

“If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.”

# How: 4 Steps

## 1. Quiet Your Mind

“My soul, wait silently for God alone...” Psalm 62:5

## 2. Picture Jesus Before You, and Ask Your Question

“I foresaw the Lord always before my face” Acts 2:25

## 3. Listen for His Response to Flow in

“Look forth for What He will speak to me...” Habakkuk 2:1

## 4. Record What He Says

“Then the Lord said, ‘Record the vision...’” Habakkuk 2:2

Notes: We Will Test The Input Afterword – First Priority is to Get the input.

Do not evaluate anything as it comes in, Let it flow

If it stops, Refocus, ask “Lord, Is There More?”, listen, write

# Learning Exercise: 2-Way Love Letter

## Part 1: Send A Love Letter to Jesus.

a: Write this at the top “Jesus, I Love You Because...”

b: Pause, Take a deep breath, Reflect for a moment

c: Continue writing until you have captured your thoughts - a paragraph

Take ~5 min

## Part 2: Receive One From Him

a: Write this Question: “Jesus, Do You Love Me?”

b: Apply the 4 steps:

- Quiet Your Mind
- Picture Jesus, Ask Him Your Question
- Listen for His Response
- Write What Flows In

• Do not evaluate, Let It Flow

• If It Pauses, Refocus and Ask Him “Lord, Is there more?”

**Exercise: 2-Way Love Letter With God**

**Part 1:** Write you love letter TO God. “Jesus I love you because.....”

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Part 1: To Him

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**Part 2:** Apply the 4 keys, then ask for His reply: “Do you love me?”

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Part 2: From Him

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# Evaluate The Input

## Any Input From God Should Past 3 Tests

- Godly Nature: Father, Counselor, Love, Encouragement, Higher Level
- Consistent with Scripture
- Resonate as Truth in your Spirit

## Suggestion: Use 2 or 3 Spiritual advisors.

- Review all inputs in the beginning
- Review Input for Important messages/decisions

“By the mouth of two or three witnesses every word shall be established.”

2 Corinthians 13:1

# How To Use This Capability?

## Daily Journal:

- Lord, I wish to be led by the spirit. Do you have any thoughts for me today?
- Lord, I am concerned about xxx. What is your perspective? What is your will? How can I help?
- Lord, I believe xxx went well yesterday. Do you have any thoughts or feedback?

## Learn more about Him:

- Lord, I want to understand your Word. What do you mean when you say xxxx?

## Gain Insight about you and your journey:

- Lord, How do you see me?
- Lord, You intercede for me with the Father, What are your prayers for me?
- Lord, I want to become a more effective agent for you.
  - What should I be focused on right now?
  - What thoughts / beliefs / motives / behaviors need to change?
  - What Un-Godly beliefs are in my way?
  - What Godly beliefs would help me do better?

## Help Others:

- Lord, person xxx is clearly struggling. What is going on? How can I best help him/her?
- Lord, person xxx is afflicted. Is there a heart wound driving this illness?
  - What is contributing? Which ancestors? Which soul ties? Which ungodly beliefs? Which word curses?

# Helpful Hints

- Quiet Yourself
  - Quiet place, Comfortable
  - Consider Gentle Music
  - Shut down your conscious brain
  - Humble, Submitted, Seeking input from The Creator, Your Father
  - Hungry to Hear His input
- Fix your eyes on Jesus
  - Picture a bible scene with Jesus in front of you
  - Join Him, Consider engaging as a child
- Tune To Flow, Listen
  - Listen for the still quiet voice
  - Spontaneous thoughts in response to your question
- Write
  - Write thoughts as they flow in
  - If stuck, Start writing, and it will come. “Yes, ...”
  - If flow stops, Ask if there more and keep writing until He says no.
  - Do not process/evaluate/think as it is flowing.
  - Tell your left brain to hold off on analysis until we get the whole message.



# Resources

My Blog Post:

<https://mygodinmotion.org/about-him-god-jesus/relationship/you-can-hear-gods-voice/>

Mark Virkler's Website / Book

<https://CWGMinistries.org>

