



Monday: Genesis 2:1-3 On the seventh day he rested

Tuesday: Hebrews 4:1-11 So that no one will perish

Wednesday: Psalm 4 I will both lie down and sleep in peace

Thursday: Philippians 4:12-13 The secret of being content

Friday: John 5:17 My Father is always at his work to this very day

Saturday: Psalm 62:1-2 Truly my soul finds rest in God



GOD WANTS YOU TO LEARN TO HEAR HIS VOICE!

A vital part of every relationship is learning to relate to the other person; learning to understand their heart and the way they think. That's what God wants for you! The Bible is God's bridge for us into the spiritual realm. The Holy Spirit makes the Word come alive and He enables us to understand how God wants His unchanging Word to be applied to our lives. As you practice the steps below and commit to obey what the Lord reveals, you'll find yourself learning to discern His voice better and better.

Step 1: Beginning the Living Conversation

The only way we understand the truth of the Bible is through the help of the Holy Spirit (1 Corinthians 2:14). Start by inviting Him through prayer to be your guide, your teacher. He loves to do this! Then, read through the scripture passage a few times until you can summarize it in your own words.

Step 2: Exploring the Truth

Take your journal and write down thoughts using some of the questions below to prompt your thinking.

1. What happens in this passage?
2. What does this passage tell us about God, what He's like or what does He value?
3. What does this passage tell us about people, what they think or how they approach things?
4. What in this passage is good news?
5. How would this passage change how we live if we followed it's teaching?

Step 3: Reflecting on the Truth

Take a couple minutes to be quiet and reflect on the passage and your observations. Ask God, "How do you want me to respond to all of this?" This listening and reflecting time may be new for you, but it's super important and many Christians neglect it. As we reflect, the Holy Spirit often may give us insight in one of these ways:

1. A truth that we're to embrace. (about Him or His ways or what He thinks of us)
2. Something to do or to stop doing.
3. Someone to love, to reach out to, or to forgive.

Using your journal, write down an "I will" statement that expresses how the Lord wants you to respond to what he told you.



Step 4: Prayer of Obedience

Now, write out or pray an "I will" prayer. It's a prayer of commitment that conveys how you'll respond to what the Holy Spirit told you to do. Remember, it may be a truth about God that you're to dwell on; it's not always an outward action. As you practice this living conversation, the reflection time will become more and more important. Because this is a living conversation, you should expect God to impress thoughts upon you. He wants you to know Him better and better (Eph, 1:17)! He will never condemn or belittle you—those thoughts come from us or the enemy. Turn them over to God to handle. He will speak encouragement, direction and wisdom.

WHAT GOD THINKS ABOUT YOU AND WANTS FOR YOU

- The Lord appeared to us in the past saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness. (Jeremiah 31:3 NIV)
- Jesus said, "Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and most important commandment." (Matthew 22:37-38)
- There is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. (Romans 8:1-2 NIV)
- I call heaven and earth as witnesses against you today that I have set before you life and death, blessing and curse. Choose life so that you and your descendants may live, love the LORD your God, obey Him, and remain faithful to Him. For He is your life. (Deut. 30:19-20)
- For God loved the world in this way: He gave His One and Only Son, so that everyone who believes in Him will not perish but have eternal life. (John 3:16)
- The one who has My commands and keeps them is the one who loves Me. And the one who loves Me will be loved by My Father. I also will love him and will reveal Myself to him. (John 14:21)
- Who can separate us from the love of Christ? Can affliction or anguish or persecution or famine or nakedness or danger or sword? No, in all these things we are more than victorious through Him who loved us [Nothing] will have the power to separate us from the love of God that is in Christ Jesus our Lord. (Rom. 8:35, 37, 39)
- This is how we have come to know love: He laid down His life for us. We should also lay down our lives for our brothers. (1 John 3:16)
- God's love was revealed among us in this way. God sent His One and Only Son into the world so that we might live through Him. Love consists in this: not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. We love because He first loved us. (1 John 4:9-10, 19)