

40 DAYS  
— OF —  
LISTENING TO GOD

BY COURTNEY MUSGRAVE



WEEK 1

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CREATING A  
SPACE TO LISTEN

**Be Still • Lean In • Create Space**  
*Speak Lord, your servant is listening.*

**Practice Journaling**  
This is meant to build in the practice and discipline required to hear the Holy Spirit

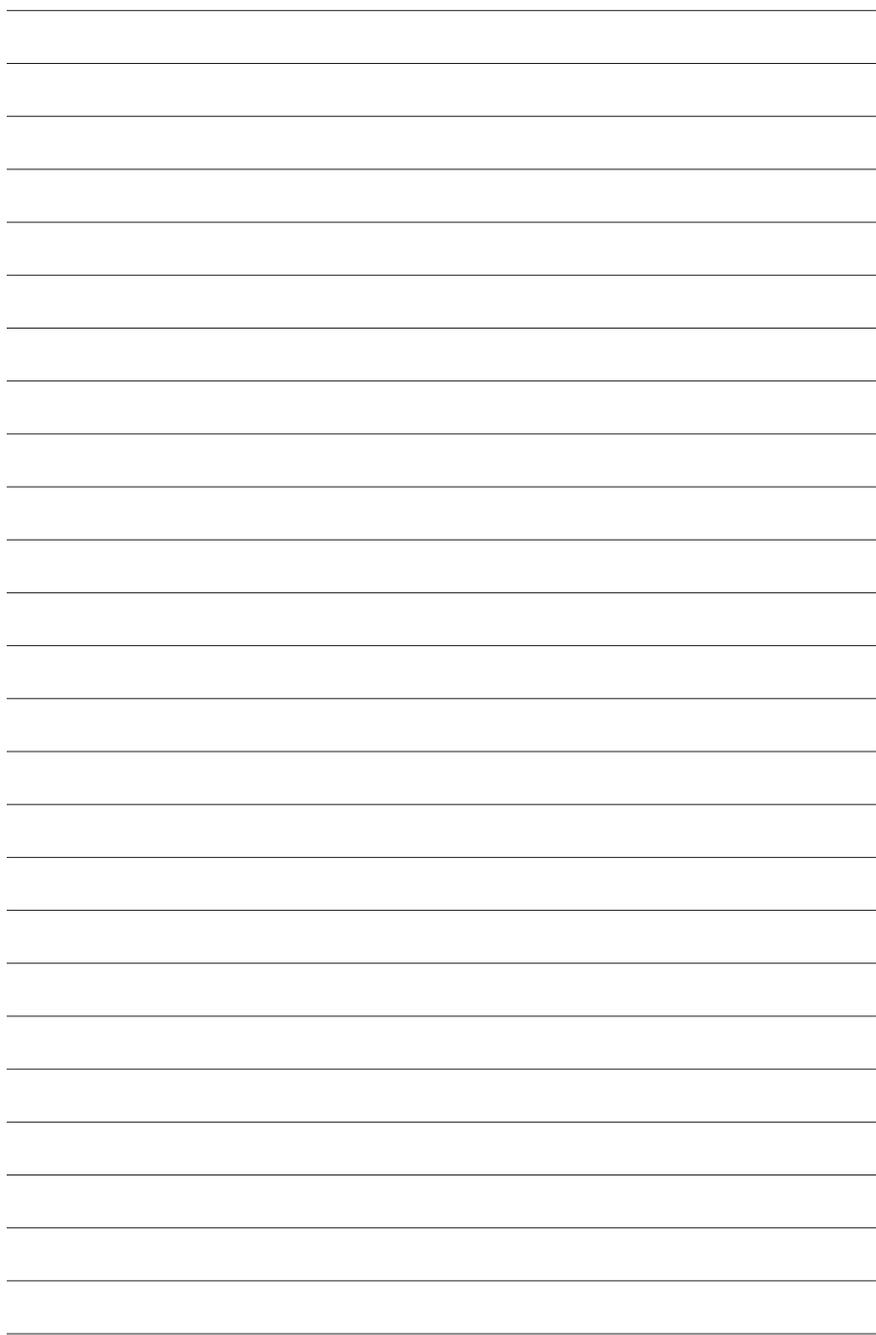
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Find a quiet space. Set a timer for 5 minutes and sit in the silence with your eyes closed.

How did you feel? Did you feel peaceful, anxious, scared, relieved, uncomfortable? Did you have any "random" thoughts that came into your mind? In your journal, write a couple of sentences describing your experience.



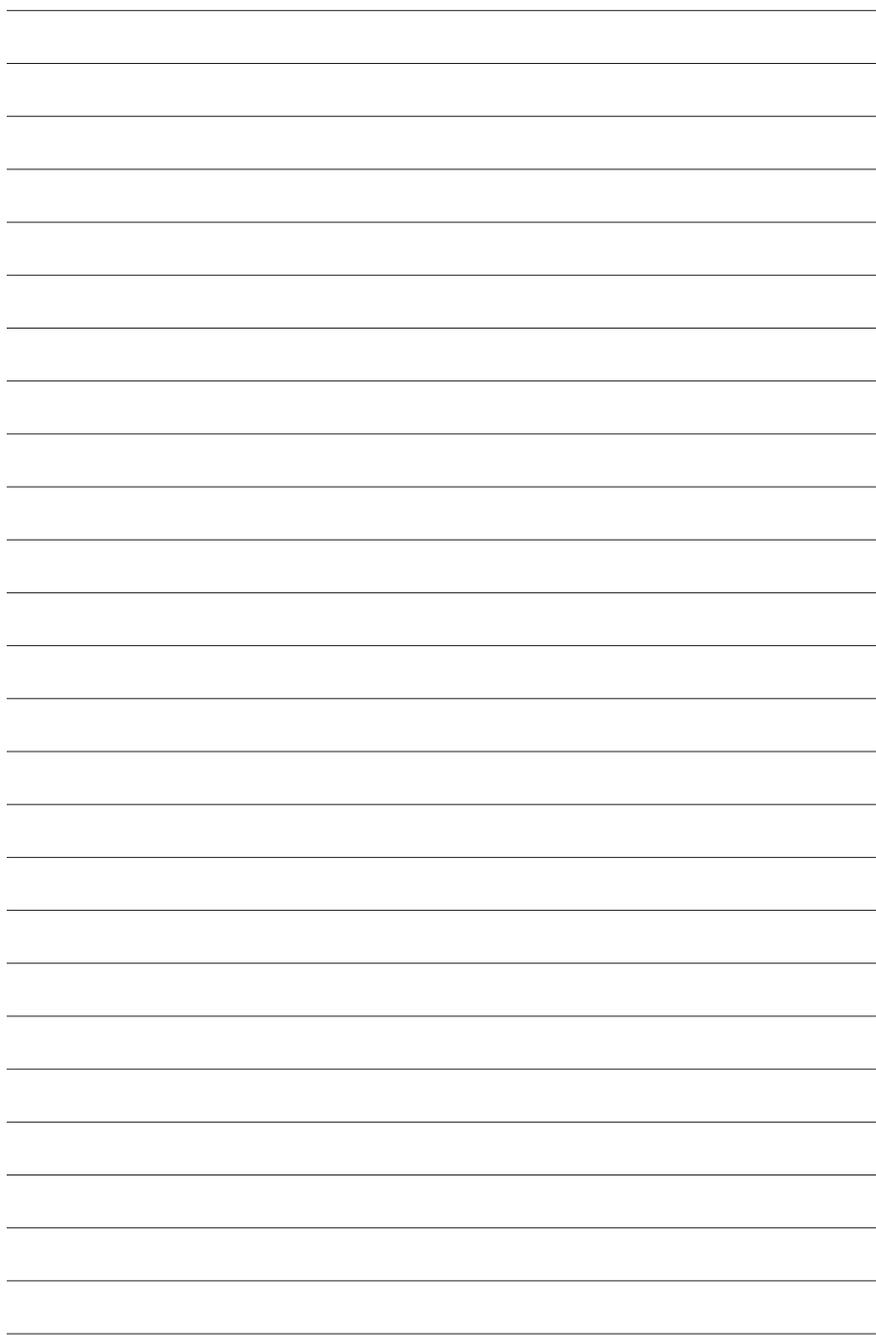
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Go to your quiet space. Set a timer for 5 minutes, sit in silence with your eyes closed and this time ask God to show you in your mind a safe, comfortable, peaceful place.

What was the place God showed you? In your journal, describe it in a couple of sentences.



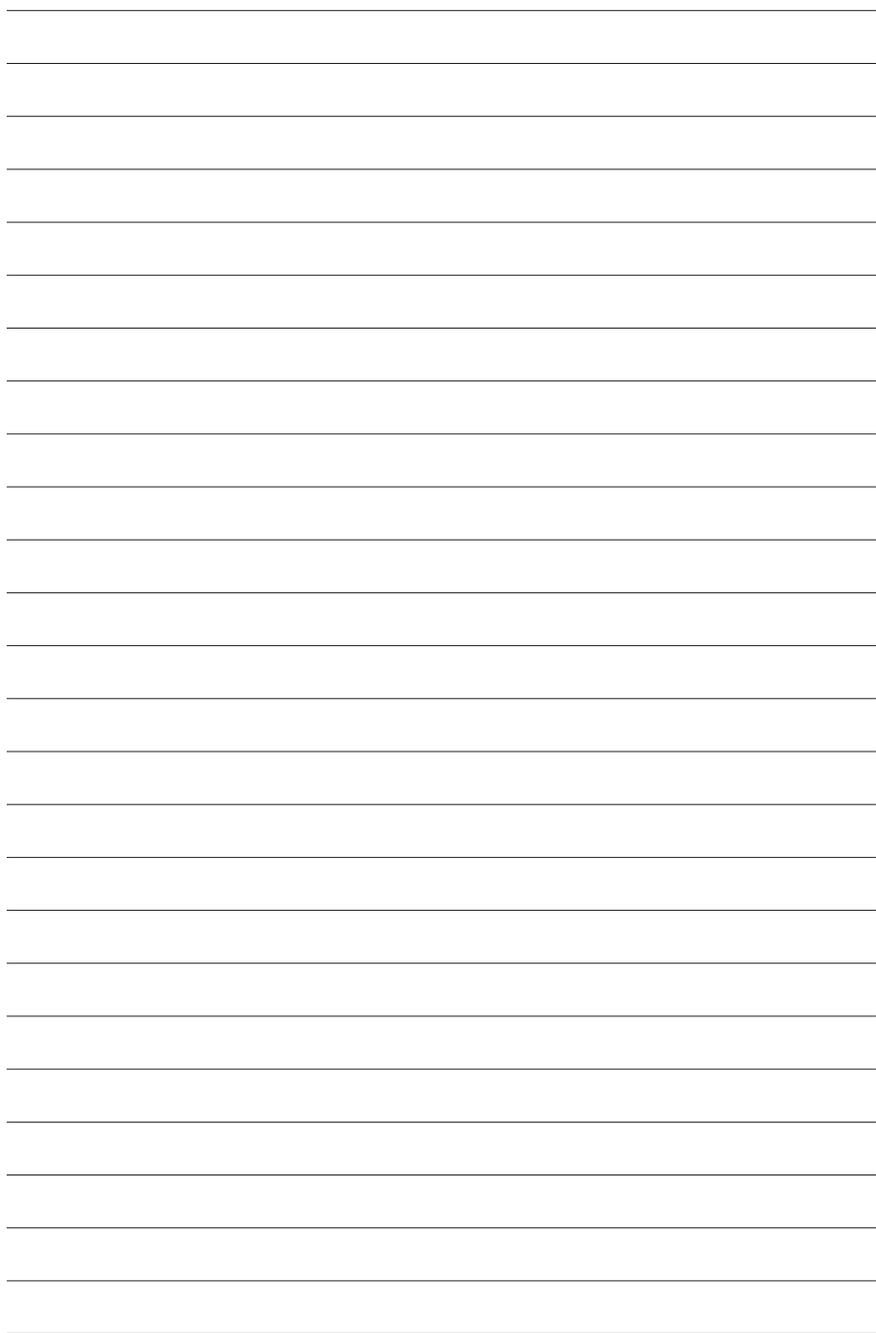
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Go to your quiet space. Sit in silence, close your eyes, and imagine the place God showed you yesterday. Invite Jesus to join you in that space to just be with you. Sit in his presence for several minutes.

What was that like? Comfortable, awkward, powerful, scary? In your journal, write a couple of sentences that describe your experience. Was there anything that surprised you?

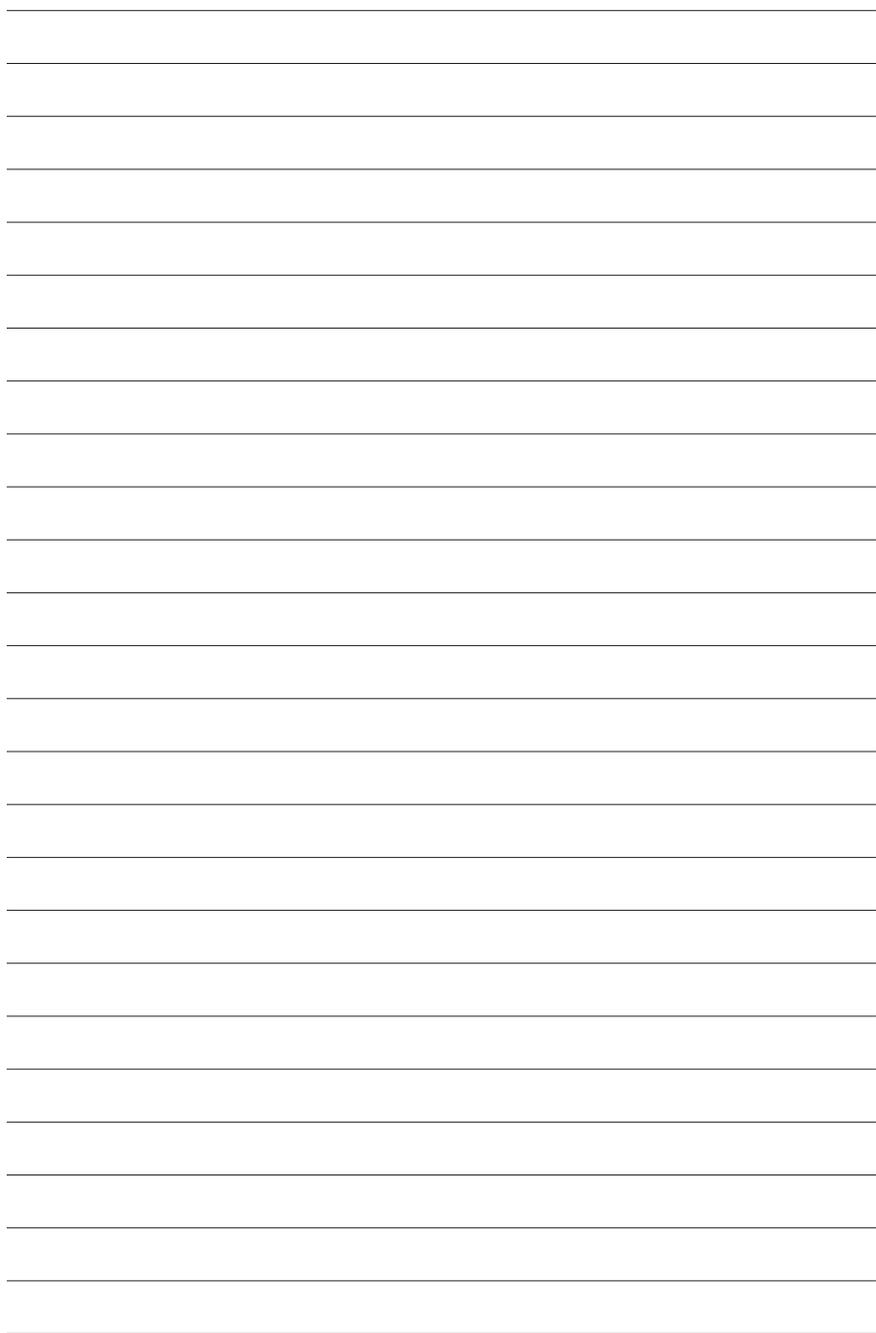


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Go to your quiet space. Imagine you and Jesus are in the place he has been showing you and ask him to speak something that he's been longing to say to you. Listen and write it down in your journal. Re-read what you wrote. Does what you heard match up with God's nature and character?



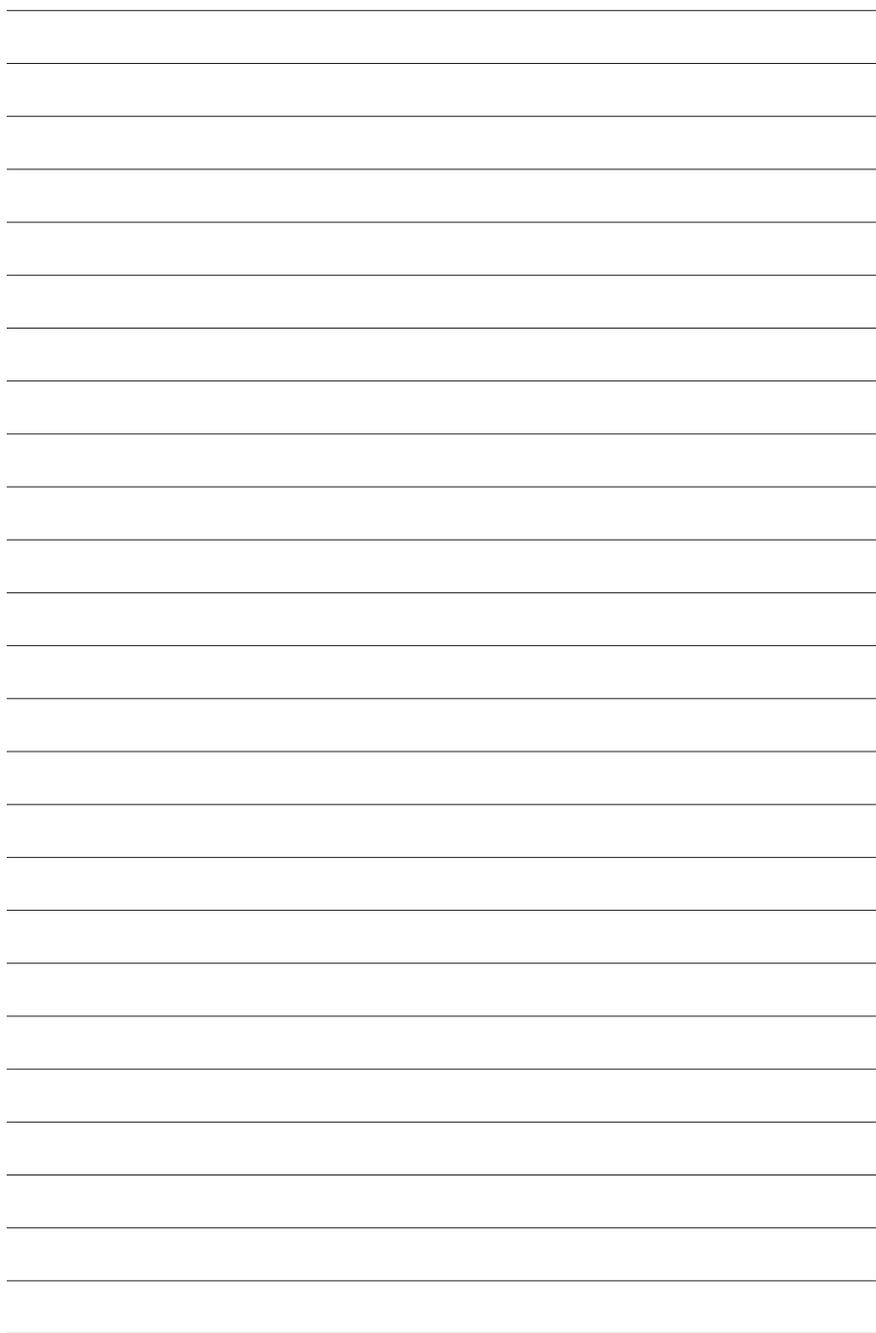
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Go to your quiet space. Imagine you and Jesus are together, and ask him to show you anything that may be blocking you from hearing his voice in greater ways. Write it down in your journal.

If needed, take time confessing any lies you have believed, any sins that stand between you and Jesus, any ways you are operating in fear, etc. and repent of these things. Jesus has the authority to erase guilt, shame, and fear, so take advantage of his offer to wipe the slate clean.



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Go to your quiet space. Imagine you and Jesus are together, and ask him to give you a greater measure of his Holy Spirit. Ask him to show you a picture of what that looks like. In your journal, write down a couple of sentences describing the image he showed you.

Revisit that image several times today.



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## PRACTICING JOURNALING

Go to your quiet space. Take the heart posture of young Samuel (1 Samuel 3:1-11) and say "Speak Lord, your servant is listening." Write down what you hear. I find it helpful to write what I hear the Holy Spirit saying in brackets as in the example below:

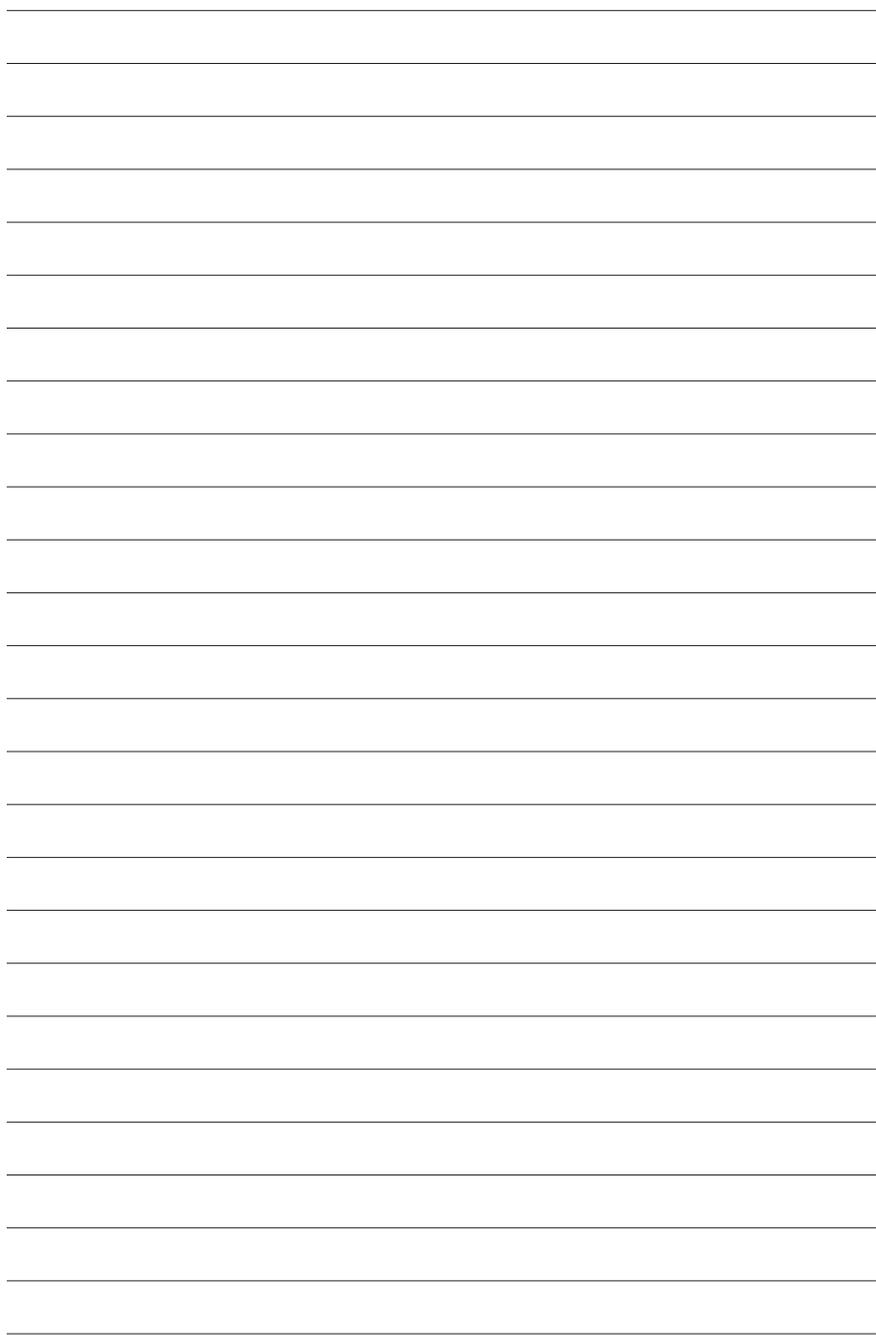
Speak Lord, your servant is listening...

*[Your heart is heavy and burdened today child]*

I feel overwhelmed Lord. I feel weary and exhausted.

*[You can lean into me with all that you have and I will provide for you from MY bounty. You lack nothing. In me is life and abundance, I don't give like the world gives. As you lean into me, I will lean into you.]*

Spend an open-ended amount of time dialoguing back and forth with God.



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WEEK 2

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LISTENING  
THROUGH THE WORD

**Read • Listen • Obey**

*Speak Lord, your servant is listening.*

**Practice Lectio Divina**

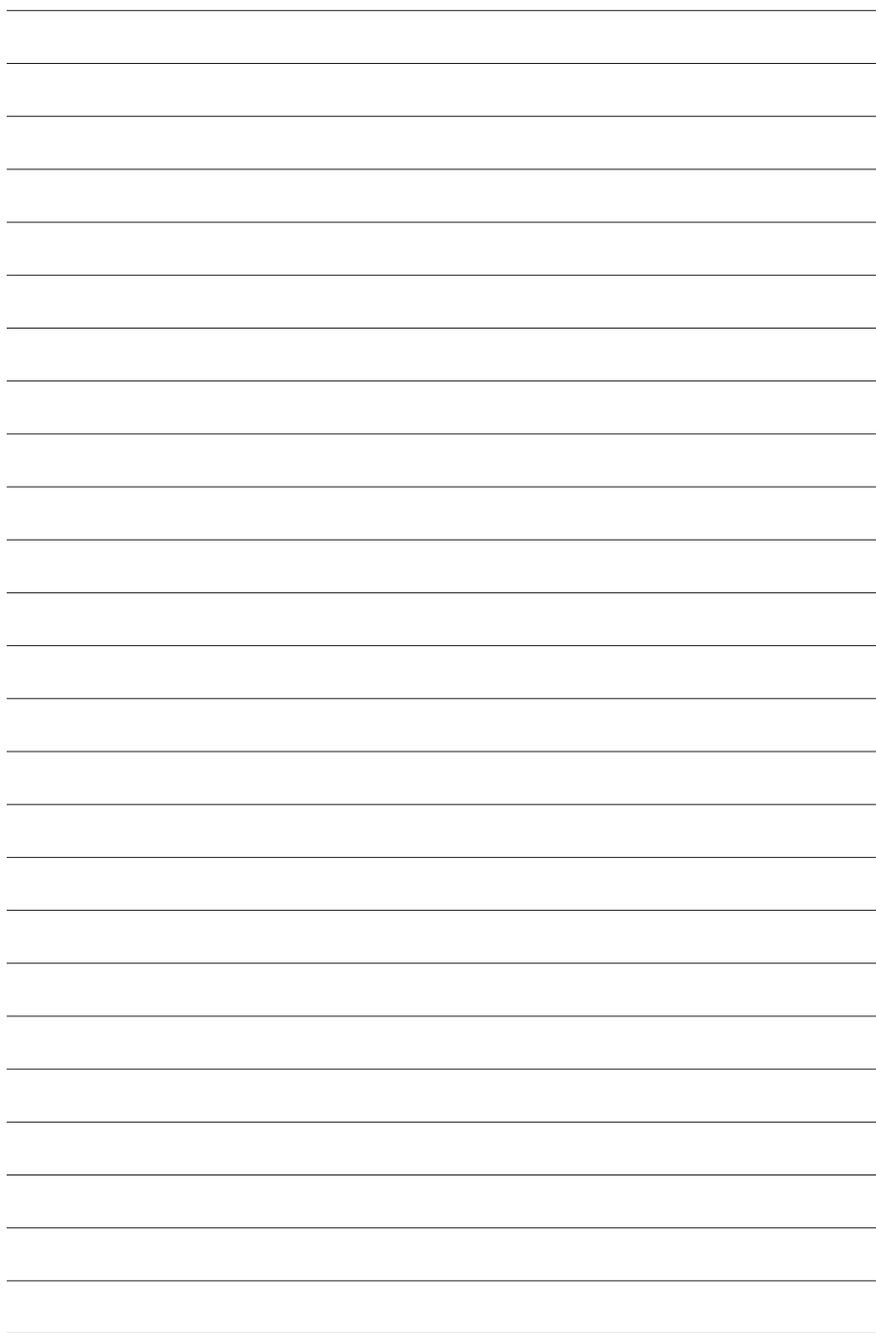
This is meant to build in the practice and discipline of meditating on God's Word.

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Go to your quiet space. Close your eyes and invite the Holy Spirit to come and speak to you. Ask him, "Of all of the scriptures I've hidden in my heart throughout the years, which one do I need the most in this season?" (You may get the whole scripture with chapter and verse reference or you may just hear a snippet of a scripture and you need to look it up.) Write the scripture in your journal. Ask the Lord why this passage is important and write down what he says.



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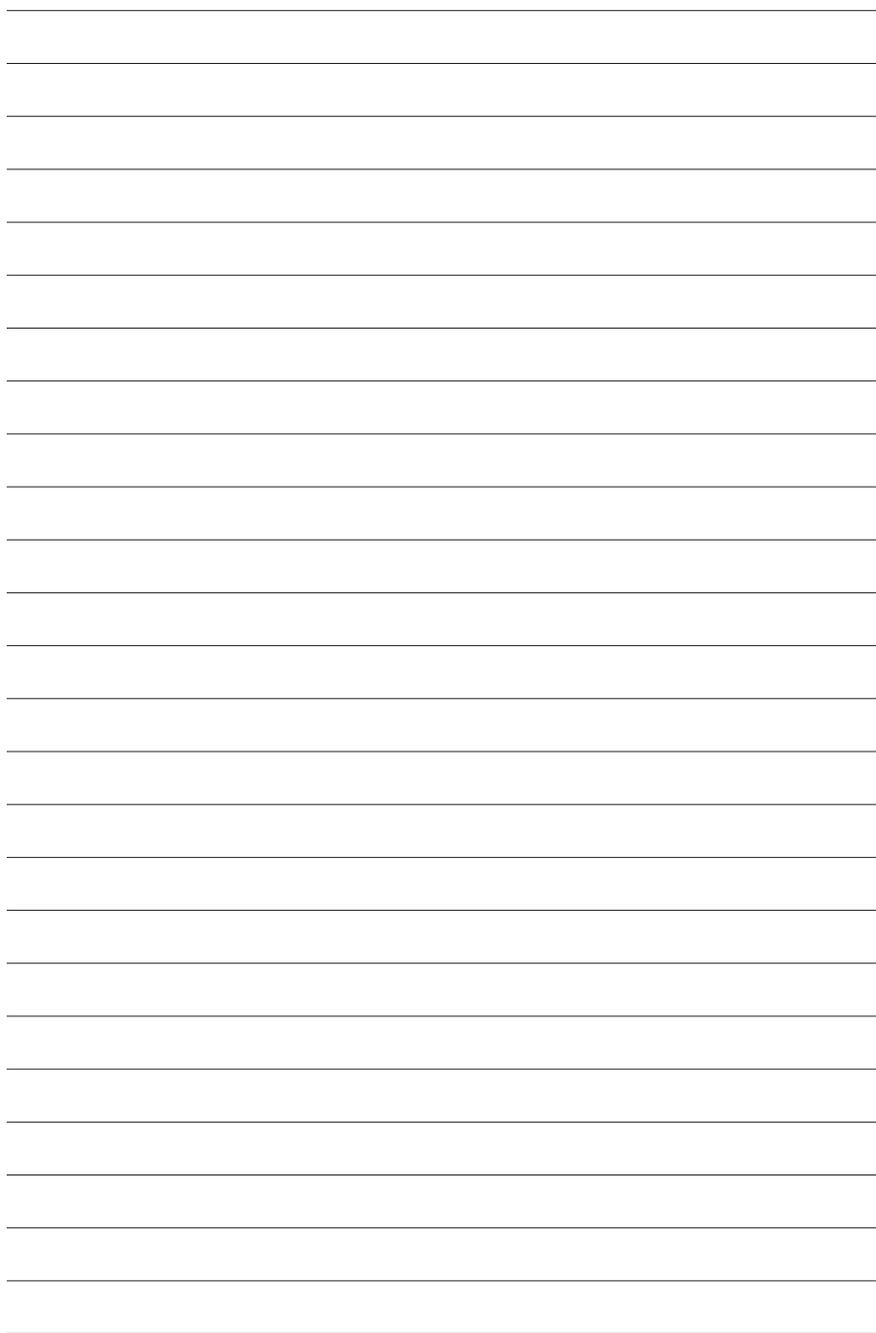
Go to your quiet space. Ask the Holy Spirit to speak to you through his written word. Read Luke 4:14-21. Answer these questions:

- What did you like about the passage?
- What didn't you like about the passage?

Read Luke 4:14-21 again, but read it out loud this time.

- What do you learn about Jesus from this passage?

Sit quietly for a moment and ask Jesus to show you someone you know that would be blessed by hearing this passage. Write down the name in your journal. Ask God to prepare his/her heart to hear his word and then communicate it to the person in some way (face to face, text, Marco Polo, etc.).



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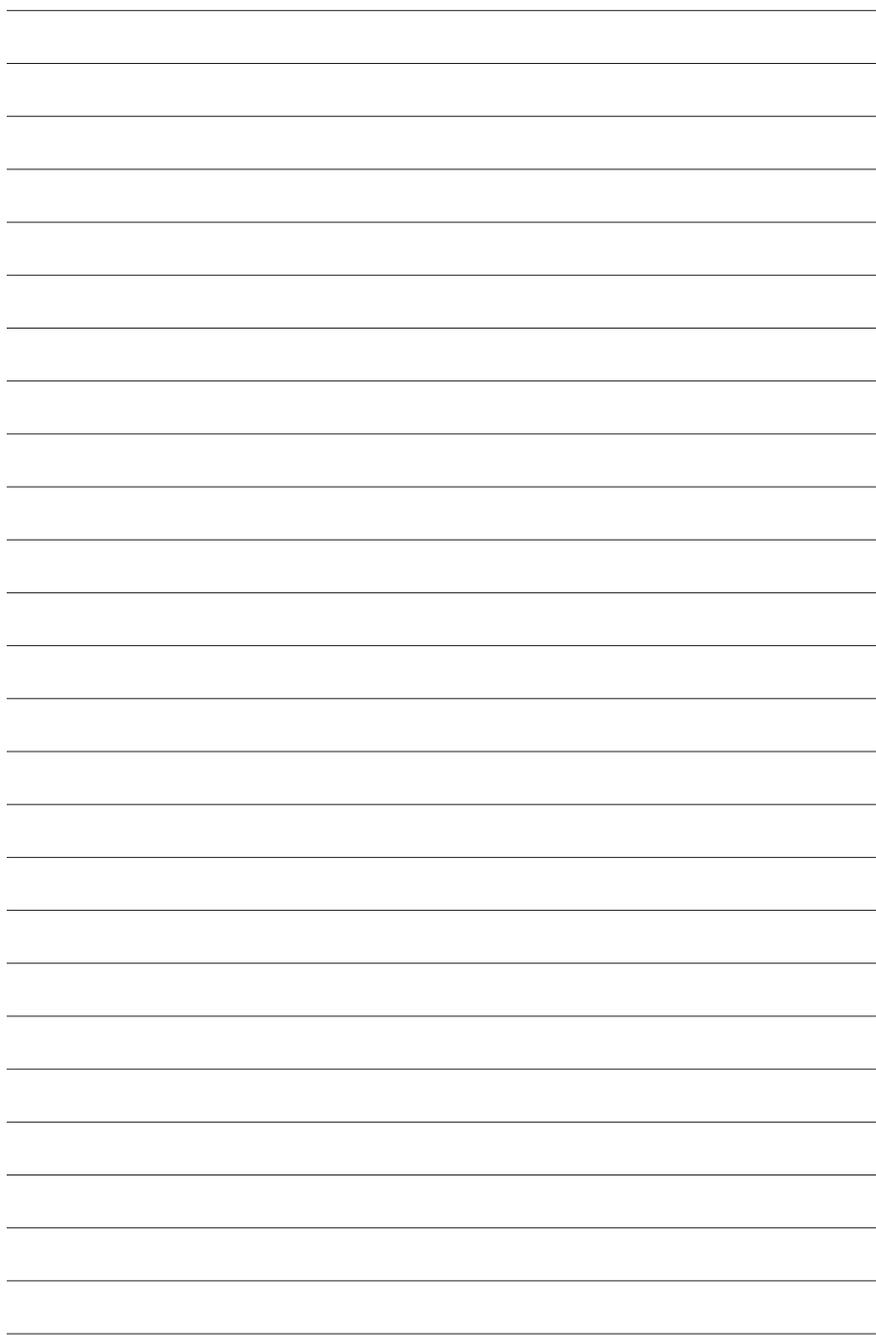
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Go to your quiet space. Ask the Holy Spirit to speak to you through his written word. Read the seven "I Am" statements of Jesus:

- *Bread of Life* - John 6:35, 51
- *Light of the World* - John 8:12
- *Door of the Sheep* - John 10:9
- *Good Shepherd* - John 10:11, 14
- *Resurrection and the Life* - John 11:25
- *The Way, the Truth, and The Life* - John 14:6
- *The True Vine* - John 15:1

Choose two or three of these metaphors and creatively imagine what it would look like for Jesus to truly be the bread that nourishes your life; the light that illuminates your life; the only true vine that bears good fruit. In your journal, jot down what you hear and observe



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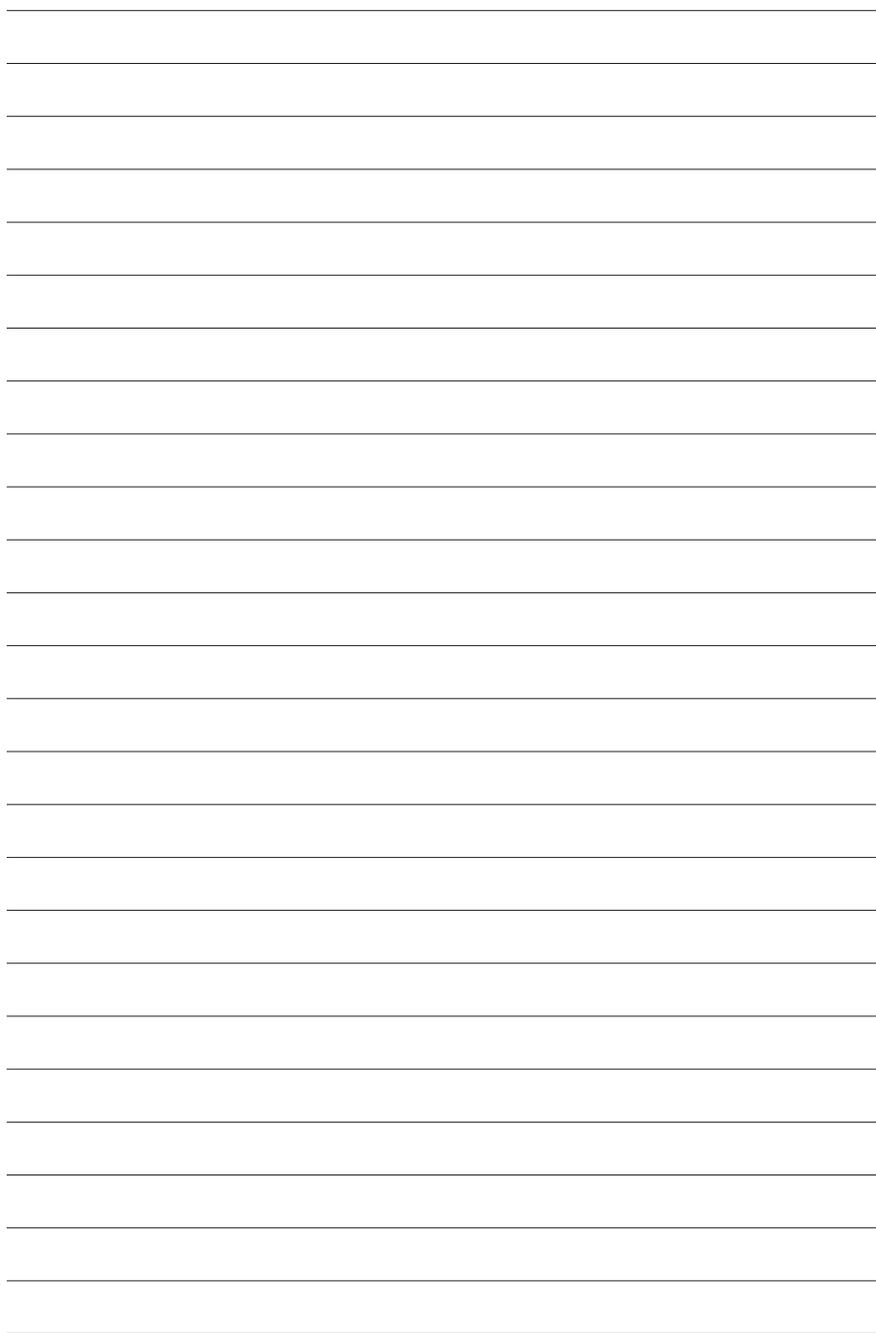
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Go to your quiet space. Ask the Holy Spirit to speak to you through the written word. Read these Bible verses related to identity and being **ACCEPTED**:

- *I am a child of God.* - John 1:12
- *I am Christ's friend.* - John 15:15
- *I have direct access to God through the Holy Spirit.* - Ephesians 2:18
- *I have been redeemed and forgiven of all my sins.*  
- Colossians 1:13-14
- *I am complete in Christ.* - Colossians 2:10

Were any of these statements hard to believe about yourself? Take a quiet moment and ask the Holy Spirit to reveal why that is. In your journal, jot down what you hear the Spirit speak.



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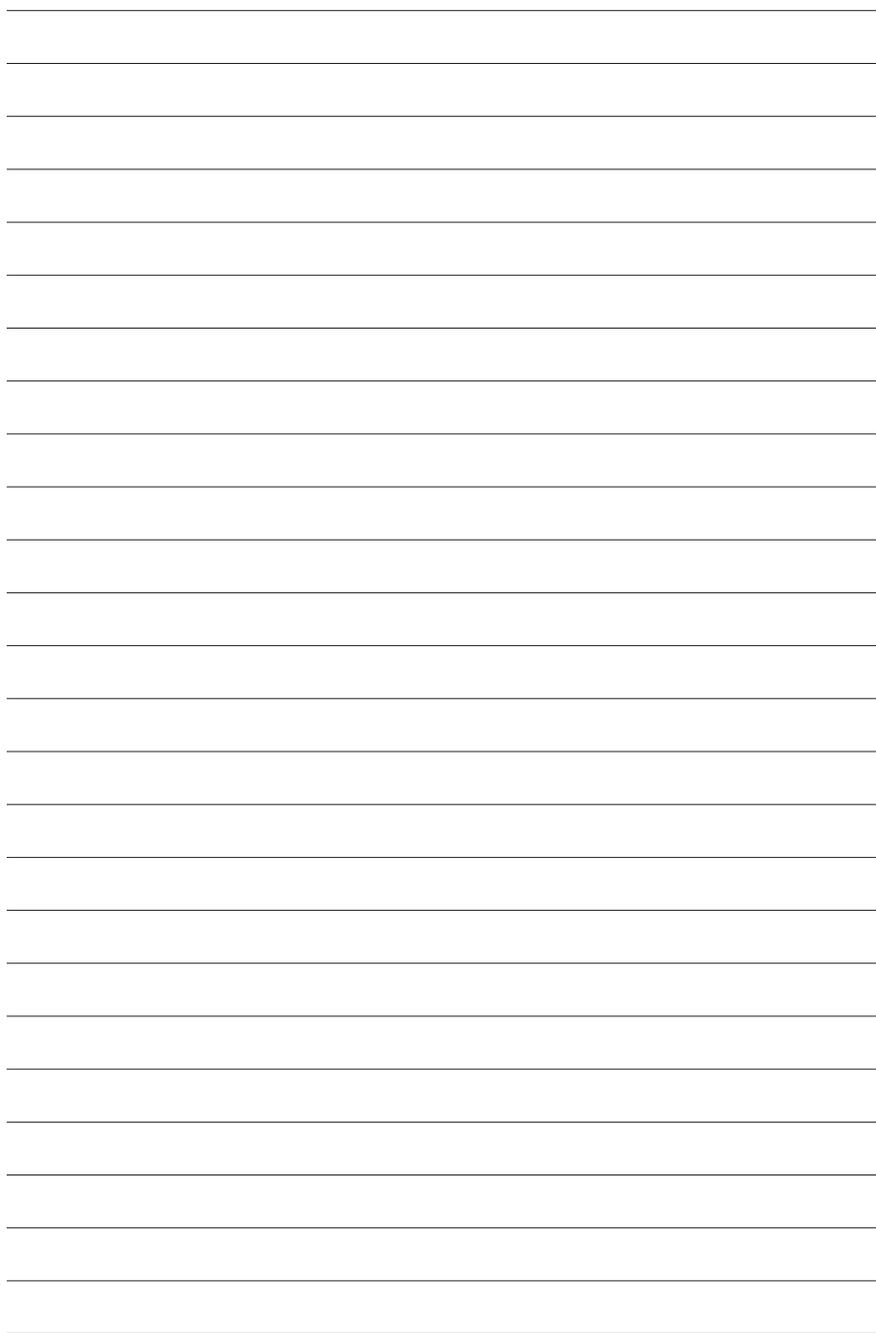
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Go to your quiet space. Ask the Holy Spirit to speak to you through the written word. Read these bible verses related to identity and being **SECURE**:

- *I am a citizen of heaven.* - Philippians 3:20
- *I am free from any condemning charges against me.*  
- Romans 8:31-34
- *I cannot be separated from the love of God.* - Romans 8:35-39
- *I can find grace and mercy in times of need.* - Hebrews 4:16
- *I am confident that the good work God began in me will*  
*be perfected.* - Philippians 1:6

Were any of these statements surprising to you? Take a quiet moment and ask the Holy Spirit to reveal why that is. In your journal, jot down what you hear the Spirit speak.



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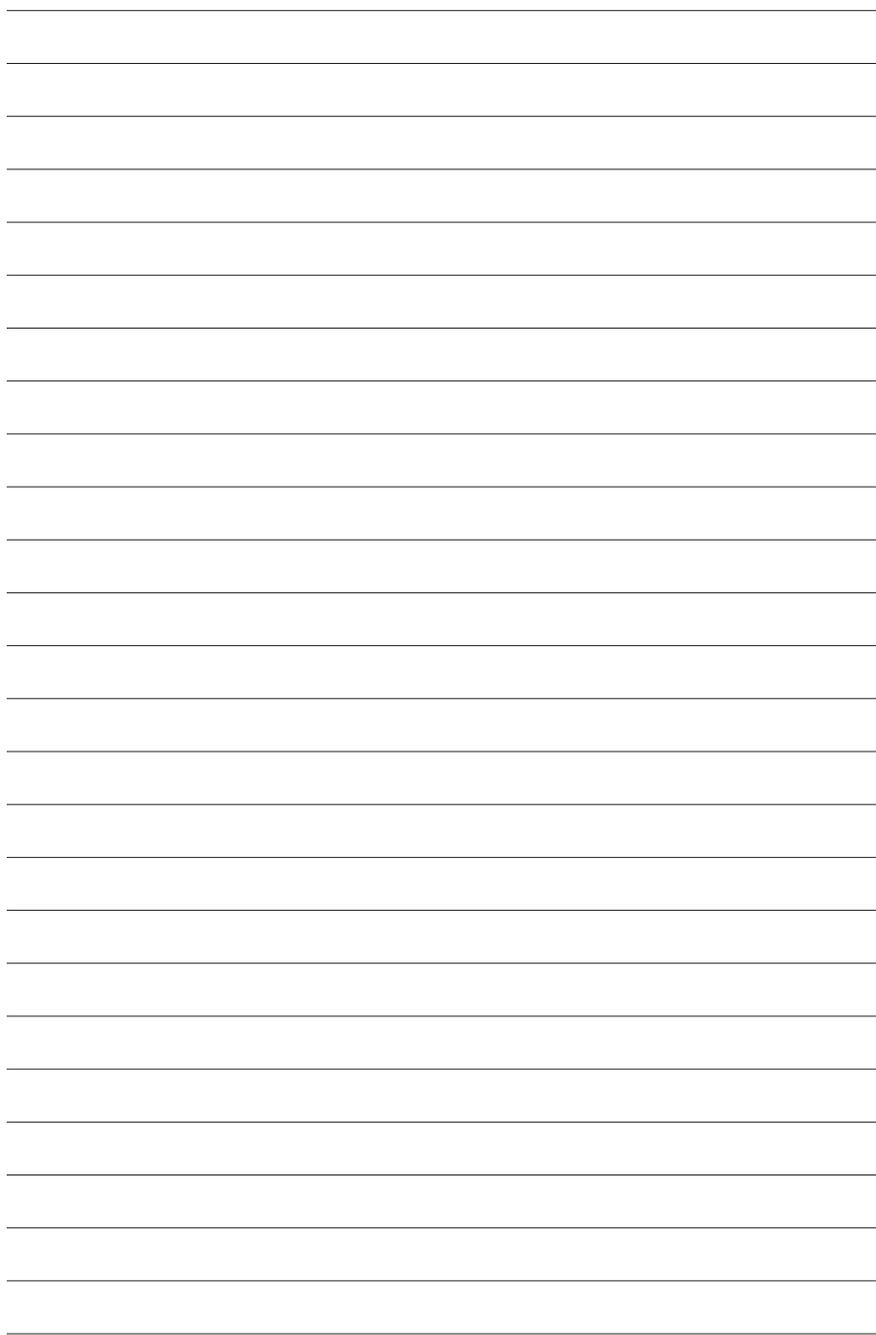
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Go to your quiet space. Ask the Holy Spirit to speak to you through the written word. Read these bible verses related to identity and being **SIGNIFICANT**:

- *I am seated with Christ in the heavenly realm.* - Ephesians 2:6
- *I am God's workmanship.* - Ephesians 2:10
- *I am a personal witness of Christ.* - Acts 1:8
- *I am God's temple.* - 1 Corinthians 3:16
- *I am a minister of reconciliation for God.* - 2 Corinthians 5:17-21

Which of these statements stood out to you the most? Take a quiet moment and ask the Holy Spirit to reveal why that is. In your journal, jot down what you hear the Spirit speak.



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### PRACTICING *LECTIO DIVINA* (SACRED READING) USING JOHN 15:1-8

1. **Prepare (*Silencio*)** - Sit in silence and offer yourself to God. Sit for a few moments in his presence.
2. **Read (*Lectio*)** - Read John 15:1-8 out loud, slowly allowing the words to resonate and settle in your heart. After a pause, re-read the passage out loud. During these first two readings, listen for the word or phrase that catches your attention and lights up for you.
3. **Reflect (*Meditatio*)** - Take several moments to sit with your word or phrase. Re-read the passage quietly to yourself and listen to where the word or phrase connects with your life right now. Enter into the scene in your imagination and envision yourself being among those Jesus is teaching. Imagine the other people around you and watch for their reactions. Listen to how they interact with Jesus and each other. What do you hear and experience as you watch and listen?
4. **Pray (*Oratio*)** - Talk to God about the word or phrase he has highlighted and why it's standing out to you. How has God invited you to respond to his word? Allow the Scripture to lead you into a prayer response.





WEEK 3

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LISTENING THROUGH  
NATURE & MOVEMENT

**Observe • Move • Partner**  
*Speak Lord, your servant is listening.*

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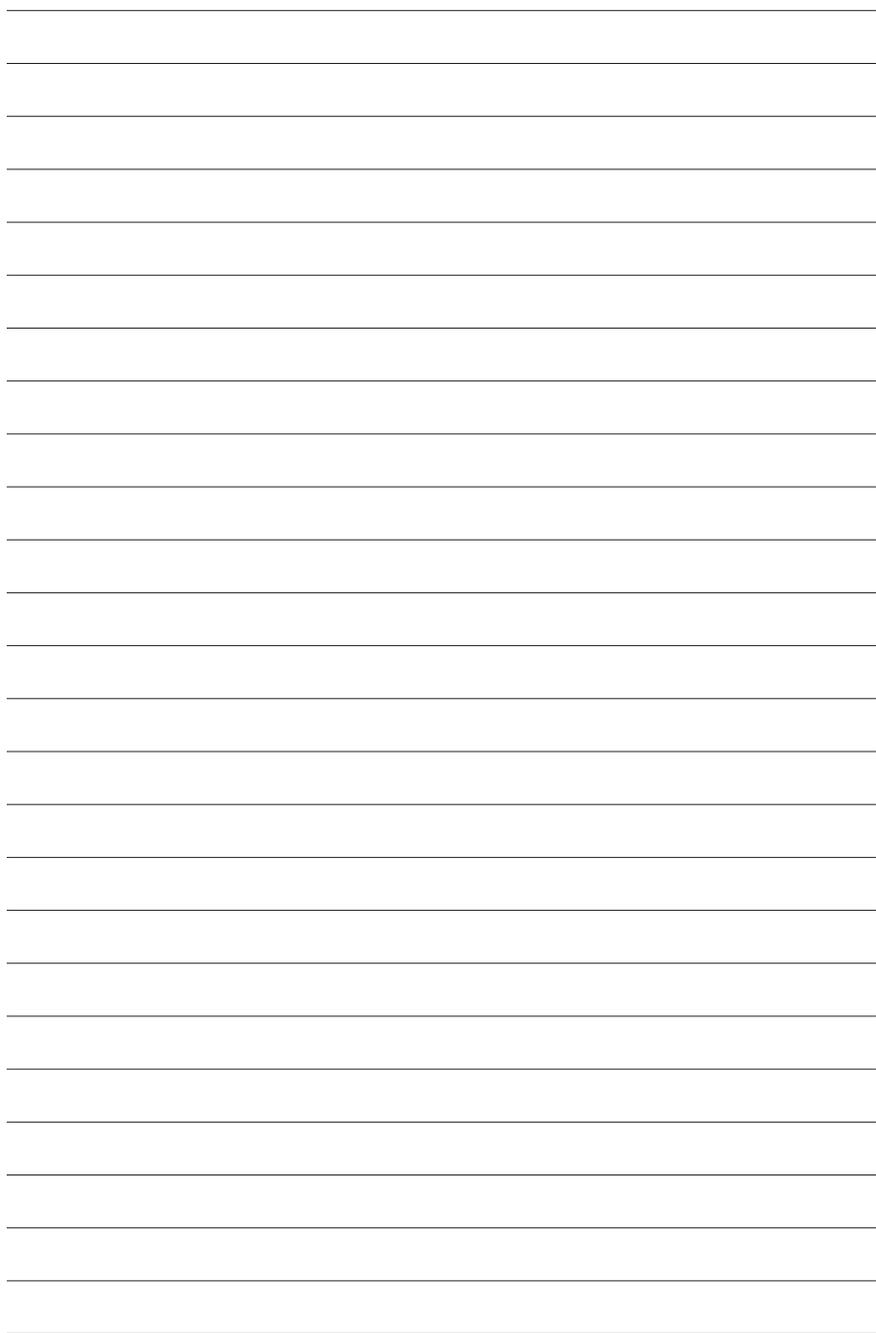
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Go to your quiet space. Ask the Holy Spirit to speak to you through his written word.

- *God's creation proclaims his glory.* - Psalm 19:1-4
- *God's invisible qualities are displayed in nature.* - Romans 1:20

Sit in the quiet, and ask the Lord to remind you of a time when you were in awe of his creation. Remember as many details about that moment as you can. Envision yourself back in that moment, seeing this part of his creation all over again in your mind. Ask the Holy Spirit to speak to you about why this particular piece of his creation was so interesting/awe inspiring to you. In your journal, write down your thoughts and impressions.



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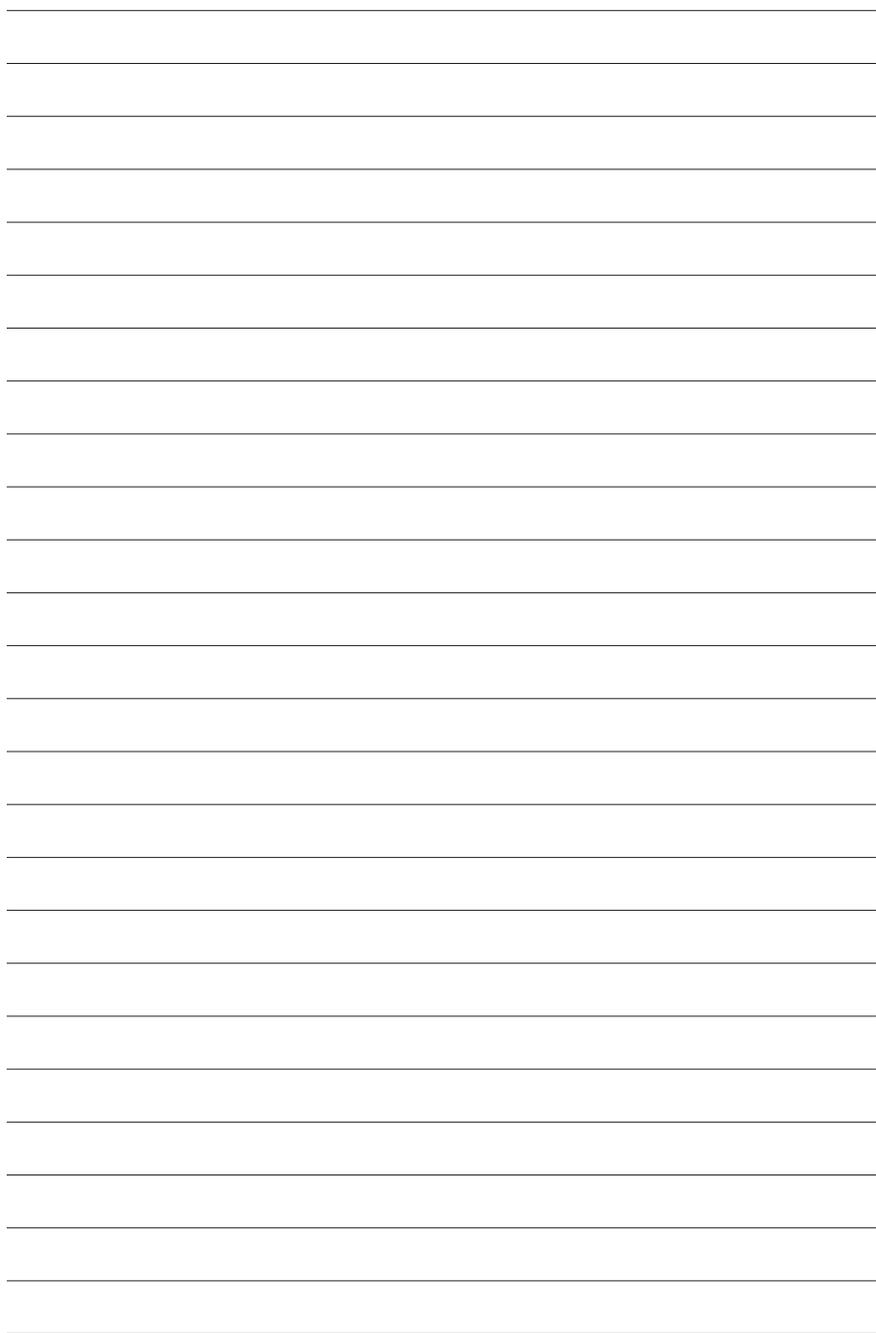
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Go to your quiet space. Re-read Psalm 19:1-4. Go outside and sit for a few minutes or look out a window and observe nature.

Notice if there is a breeze or not. Is it cloudy or sunny? Are there any birds, squirrels or other wildlife around? What is the temperature like?

After several moments, pause and ask the Holy Spirit to speak to you through what you are seeing and experiencing as you actively observe his creation. In your journal, capture these thoughts and impressions.



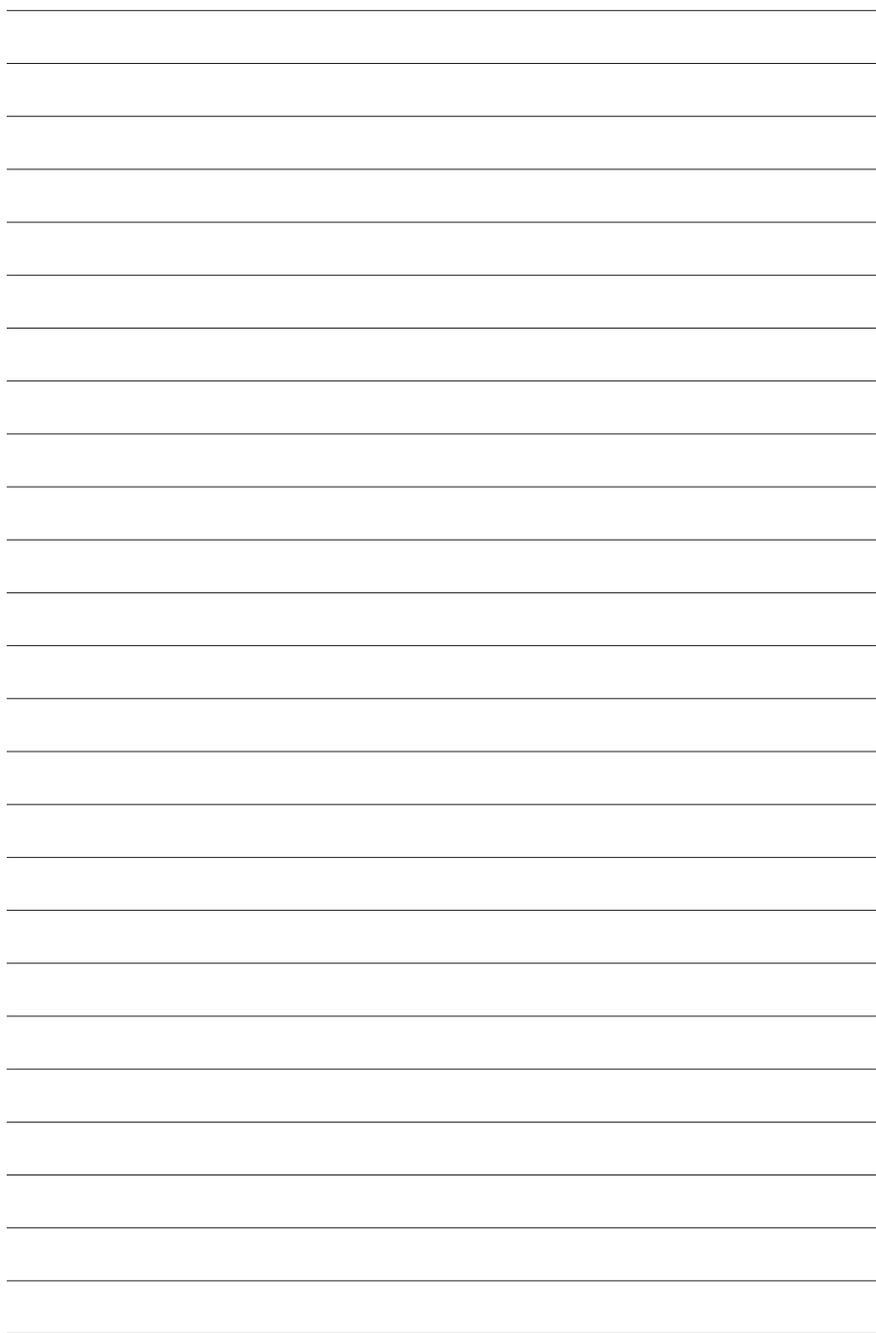
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Go to your quiet space. Read Psalm 1:1-3. Go outside or look out a window and find a tree nearby. Observe the tree, and take note of what stands out to you about this particular tree. Is the tree thriving? Is it withering? Is it dormant or about ready to burst forth with new life?

Ask the Holy Spirit to metaphorically speak to you about how you are similar to this tree. Write down what he says in your journal. Ask the Holy Spirit to show you anything you need to be more like the tree in Psalm 1:1-3 - planted by living water; yielding good fruit; not withering; prospering. In your journal, Record what the Spirit speaks/shows you.

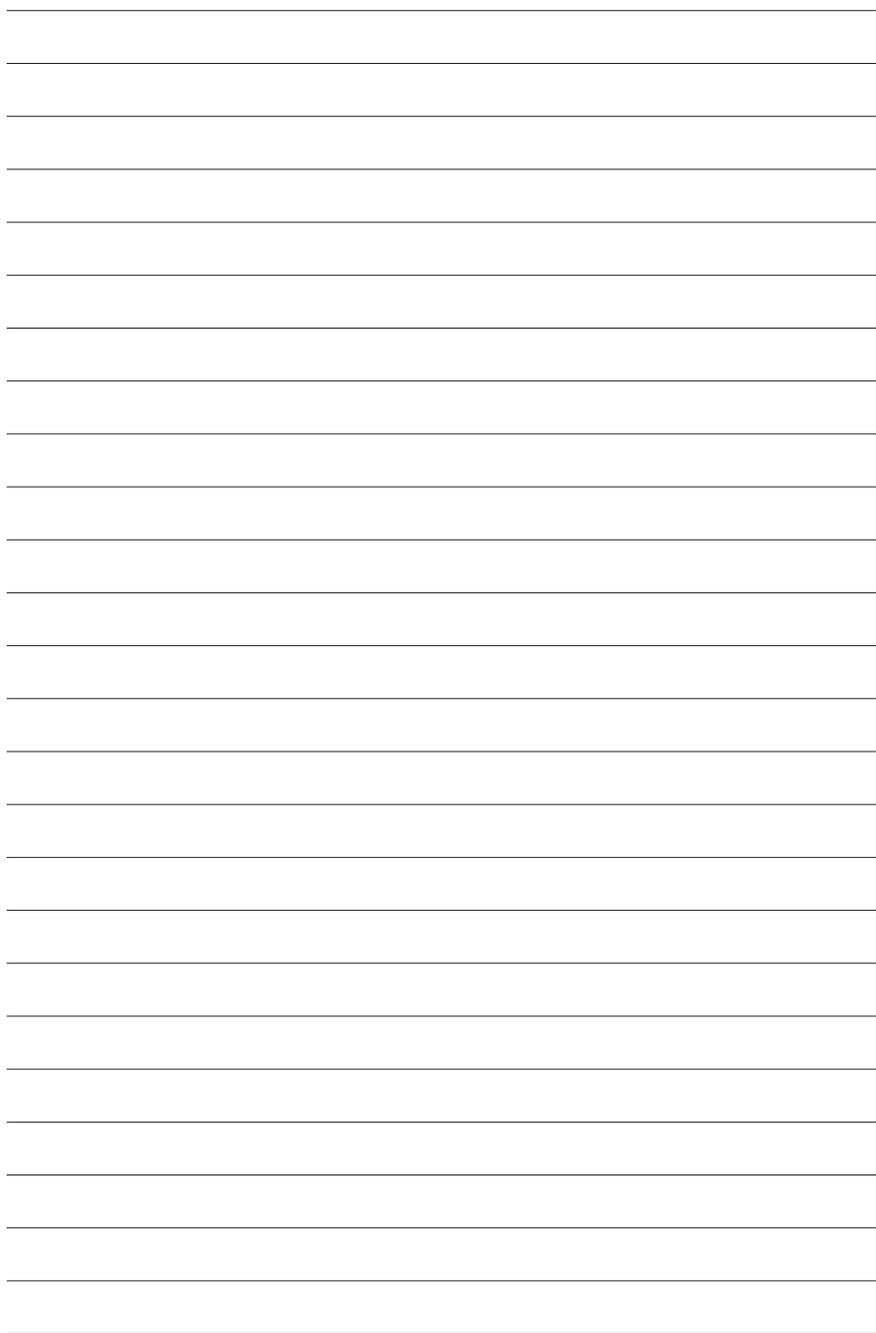


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Go to your quiet space. Read 1 Corinthians 6:19-20. Read the verses again, out loud this time. Pause and ask the Holy Spirit to speak to you about what it looks like for you to honor him with your physical body in this season of your life. In your journal, jot down what you hear him say.



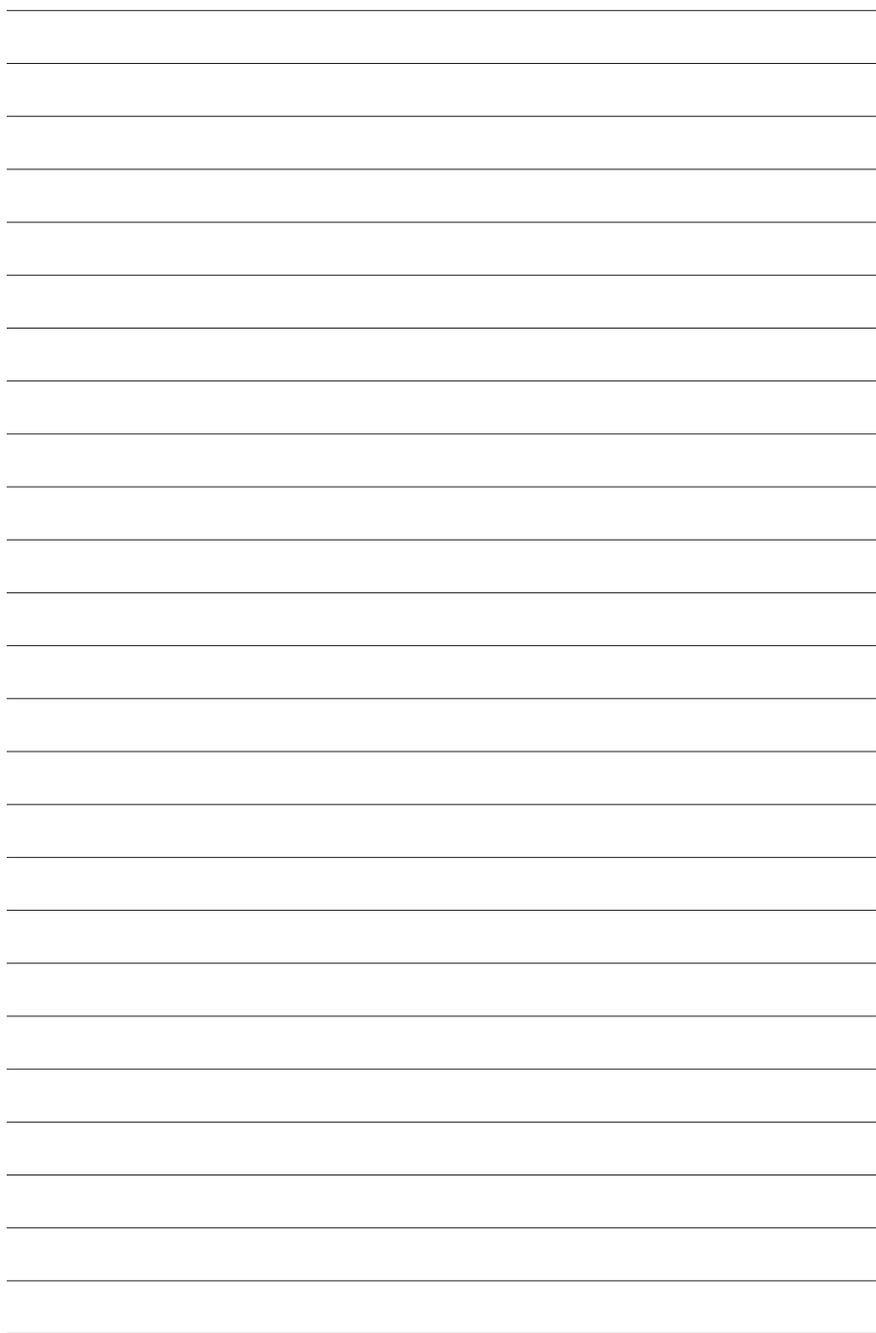
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Go to your quiet space. Read Isaiah 40:31. Ask God to show you a picture in your mind of your physical body strengthening. Imagine what it would look and feel like to walk or run and not grow tired. Stay with this picture in your mind for several moments.

Take a few minutes and make a plan for how you can get some movement in your body today. If you have a regular exercise routine, intentionally give that time to God as an act of worship today, and ask the Holy Spirit to speak to you while you exercise. If exercise is not part of your daily routine, that's ok. Make a conscious effort to engage in some sort of movement that you enjoy, even if it's just going for a short walk. Dedicate those moments to the Lord, asking him to speak to you as you move. In your journal, write down any impressions you have from that time.

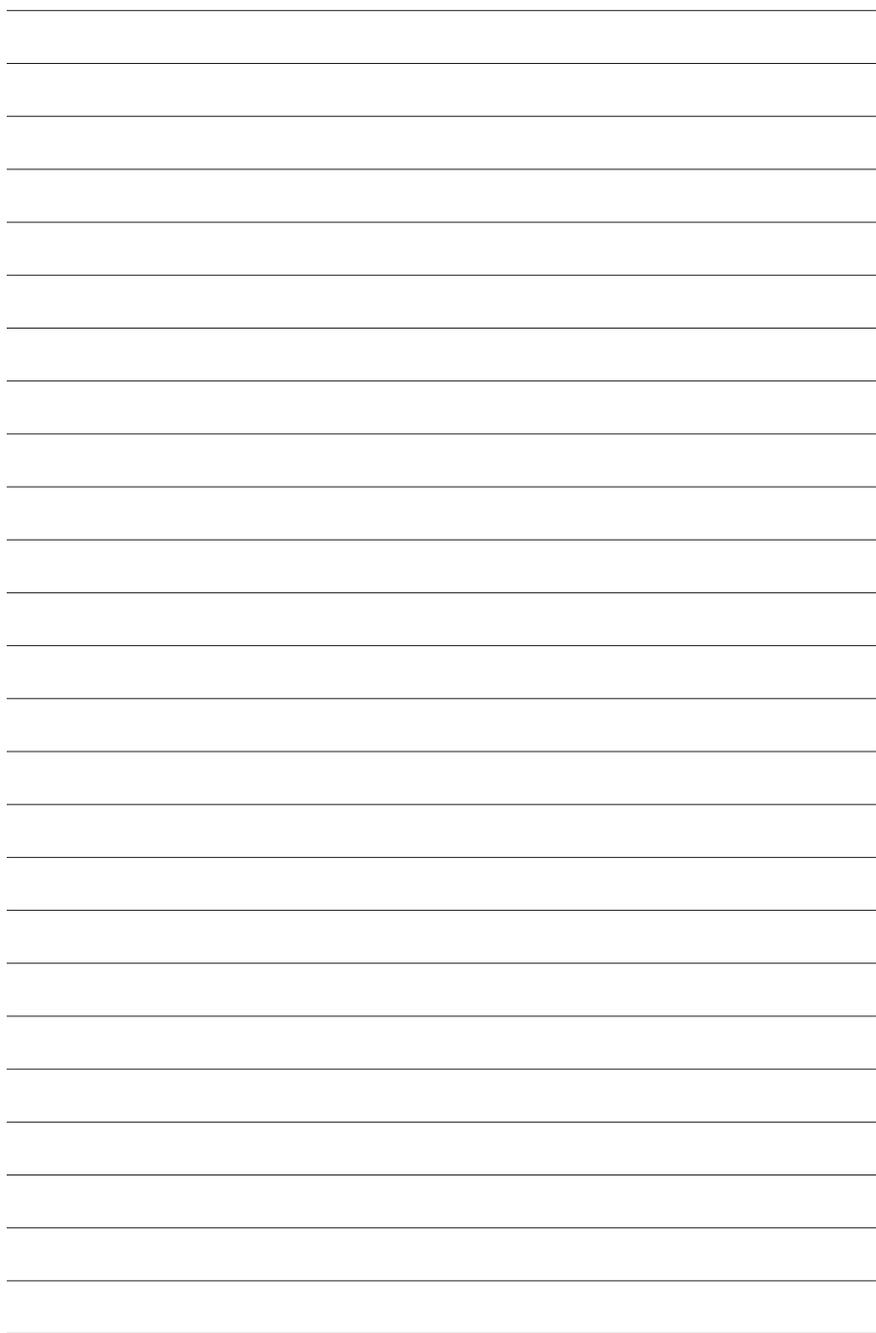


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Go to your quiet space. Re-read Isaiah 40:31, and envision your body strengthening again. Ask God to renew, strengthen, and heal your physical body. Get moving again today through some sort of exercise/movement, even if it's just a quick walk on your lunch break. Give that time to God as an act of worship, and ask him to communicate to you as you move. In your journal, write down in a few notes about your experience.



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## PRACTICING PRAYER WALKING

Today, combine movement and nature by going on a prayer walk. You can prayer walk your neighborhood, around your church building, around a part of town that you long to see God bring breakthrough, anywhere!

## PRAYER WALKING 101

### Confidence

- You can prayer walk in confidence knowing that you have authority in Jesus. (Matthew 28:18-20; Ephesians 1:18)
- You can confidently pray "... as it is in heaven, may it be in \_\_\_\_\_." (Matthew 6:10)

### Praise

- Always have your first steps be praise oriented to exalt Jesus and to clarify in your mind the greatness of Jesus.



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WEEK 4

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LISTENING THROUGH  
CREATIVE WORKS

**Listen • Behold • Create**  
*Speak Lord, your servant is listening.*

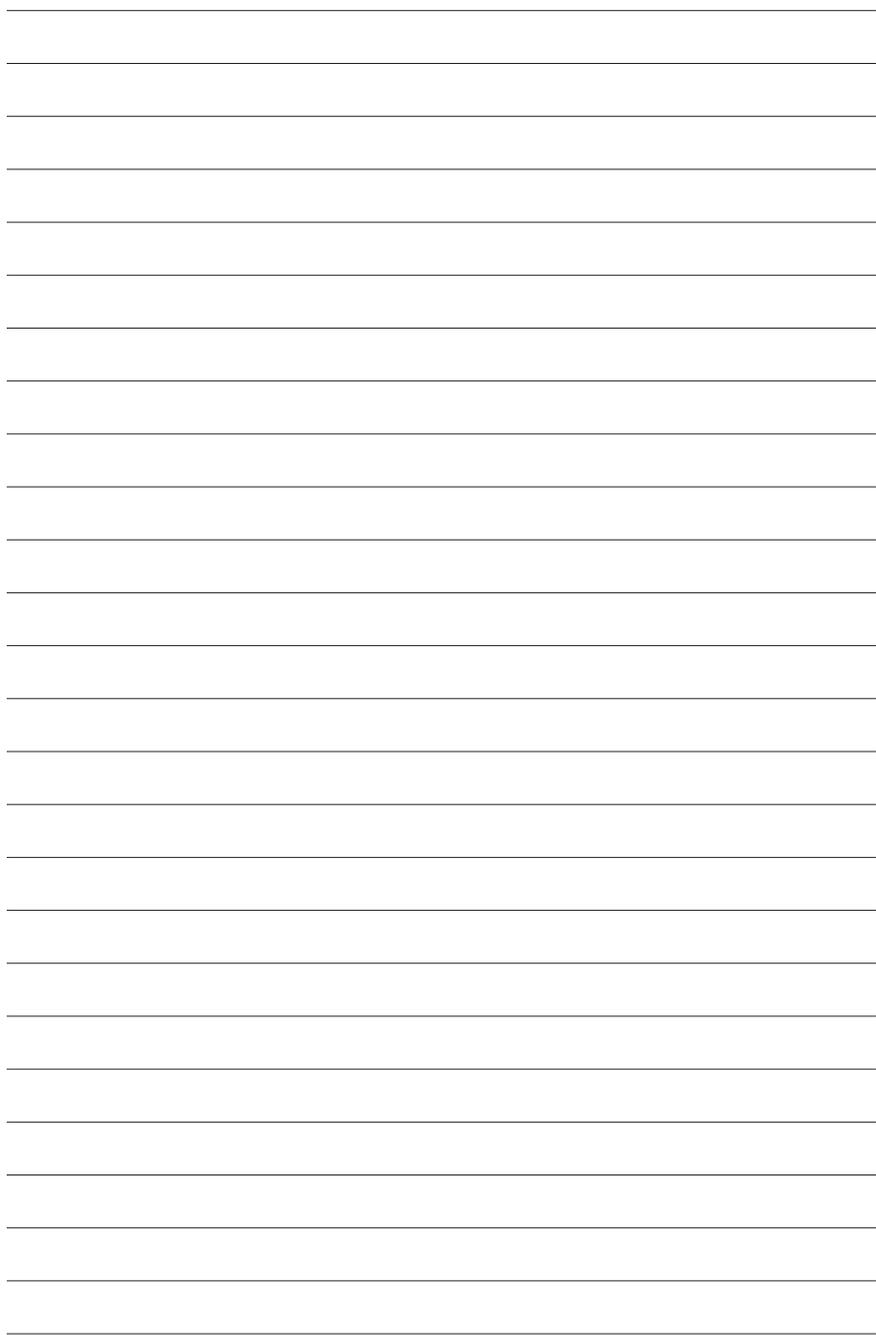
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Go to your quiet space. Read Psalm 98:1-7. Ask the Holy Spirit to help you have a greater awareness this week of how he wants to speak to you through music and art.

Read Matthew 19:14 and take a few quiet moments asking God to bring to mind a song you learned in childhood (or maybe you learned it as an adult from your kids.) Think about the lyrics and write a few of them down in your journal. Ask the Holy Spirit why he reminded you of that particular song, and write down what he says in your journal.

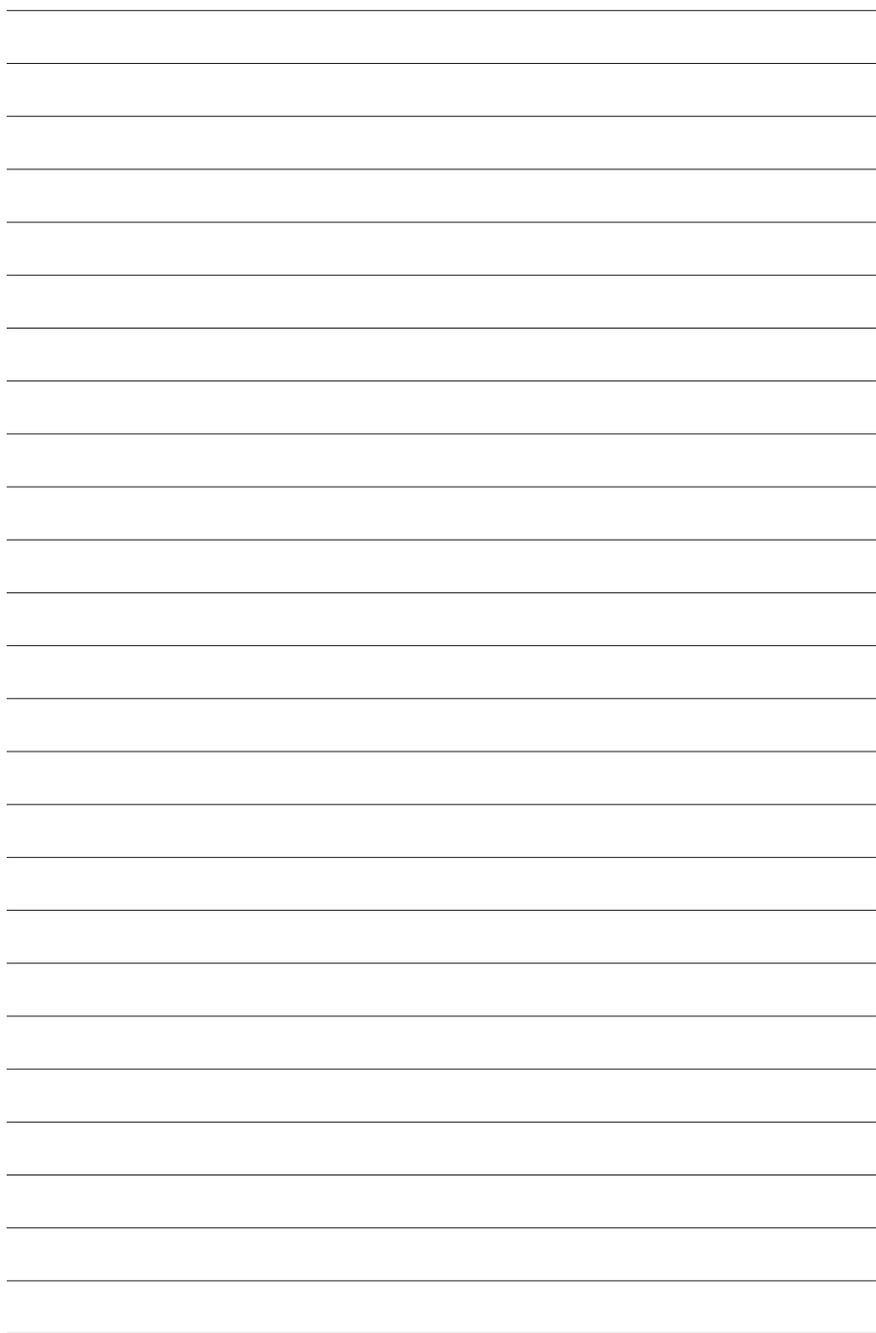


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Go to your quiet space. Ask the Holy Spirit to speak to you as you read Colossians 3:16. Ask God to bring an old hymn to mind that he knows you need in this season of life. Write down in your journal a few of the lyrics, and ask the Holy Spirit to teach you something through the lyrics. In your journal, write down your thoughts and impressions from this time.



## PRAYER TO BEGIN EACH DAY

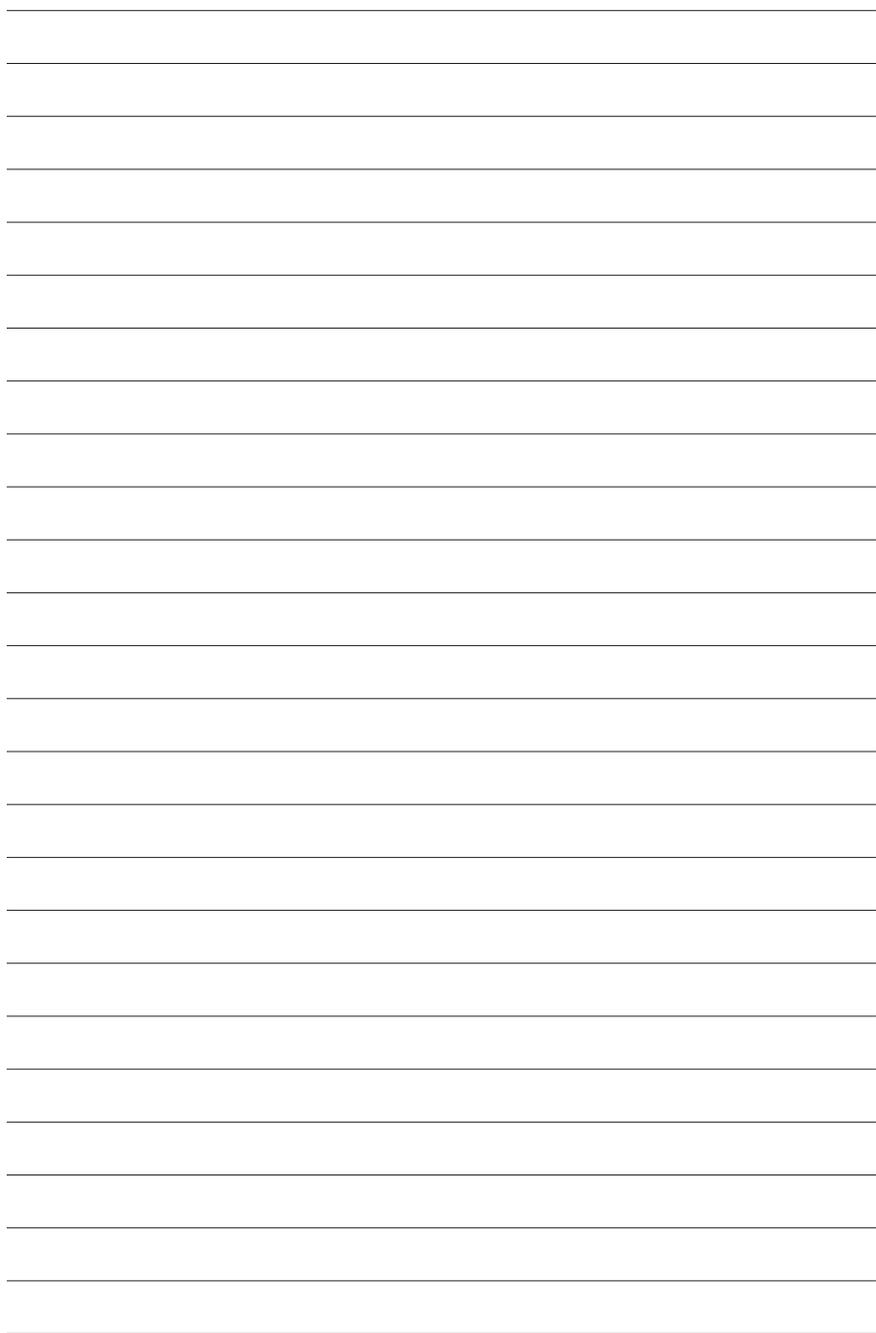
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Go to your quiet space. Listen to the song "So Will I" by Hillsong United. Ask the Holy Spirit to highlight specific lyrics that he wants you to remember from the song. Write those lyrics in your journal, and ask God what he wants to say to you about them. Listen and write down what you hear in your journal.



Scan this code with your phone  
or visit [cccgo.com/SoWillI](http://cccgo.com/SoWillI)

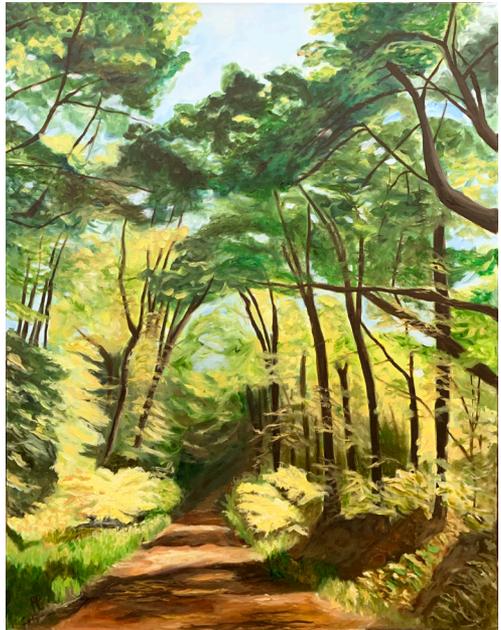


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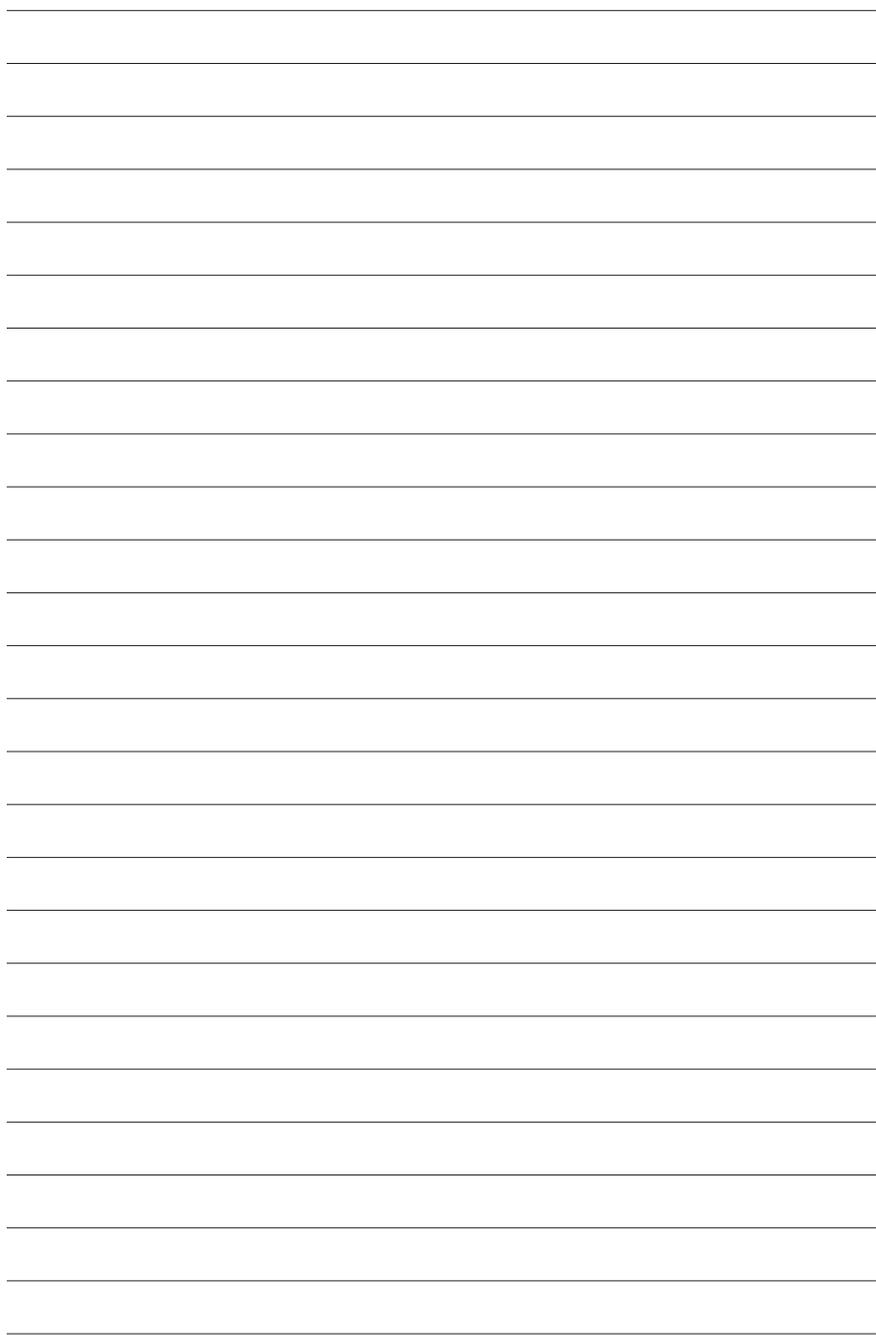
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Go to your quiet space. Ask the Holy Spirit to speak to you through this piece of art work. Take several moments to study the painting, and then ask the Holy Spirit to speak into your current circumstances through this work of creativity. In your journal, record, what the Spirit speaks.



Becca Patton



## PRAYER TO BEGIN EACH DAY

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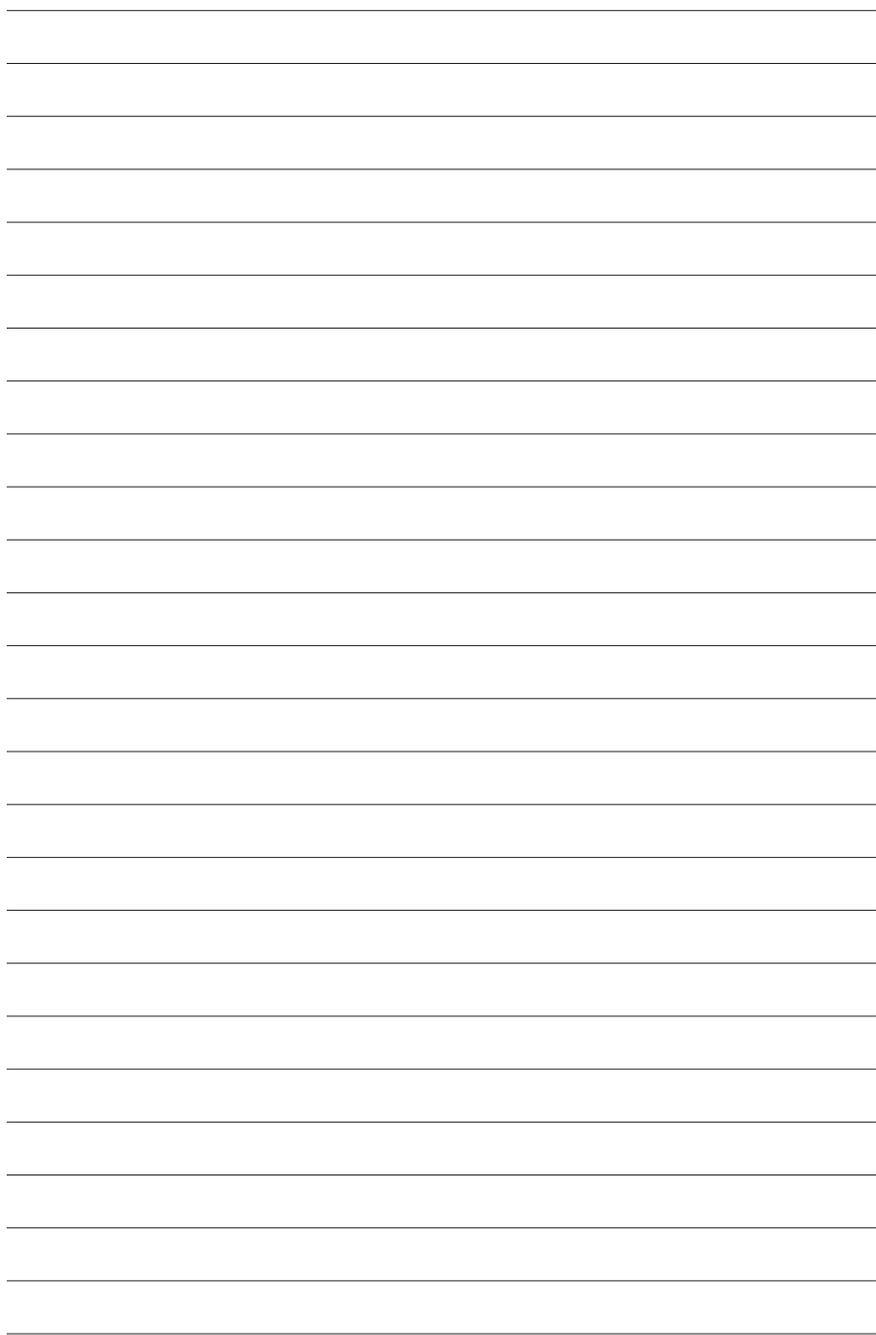
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Go to your quiet space. Ask the Holy Spirit to speak to you through this work of art. Spend several moments noticing the different details and aspects of the painting. Ask the Holy Spirit to highlight one of the details and ask him why that particular detail is important for you to notice. In your journal, jot down a few sentences to capture what you heard.



Becca Patton

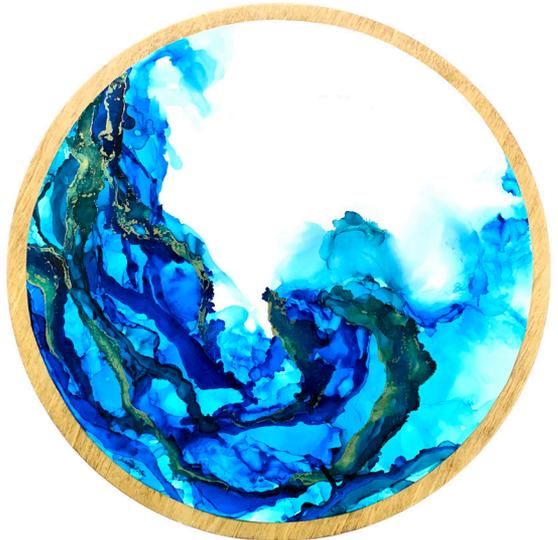


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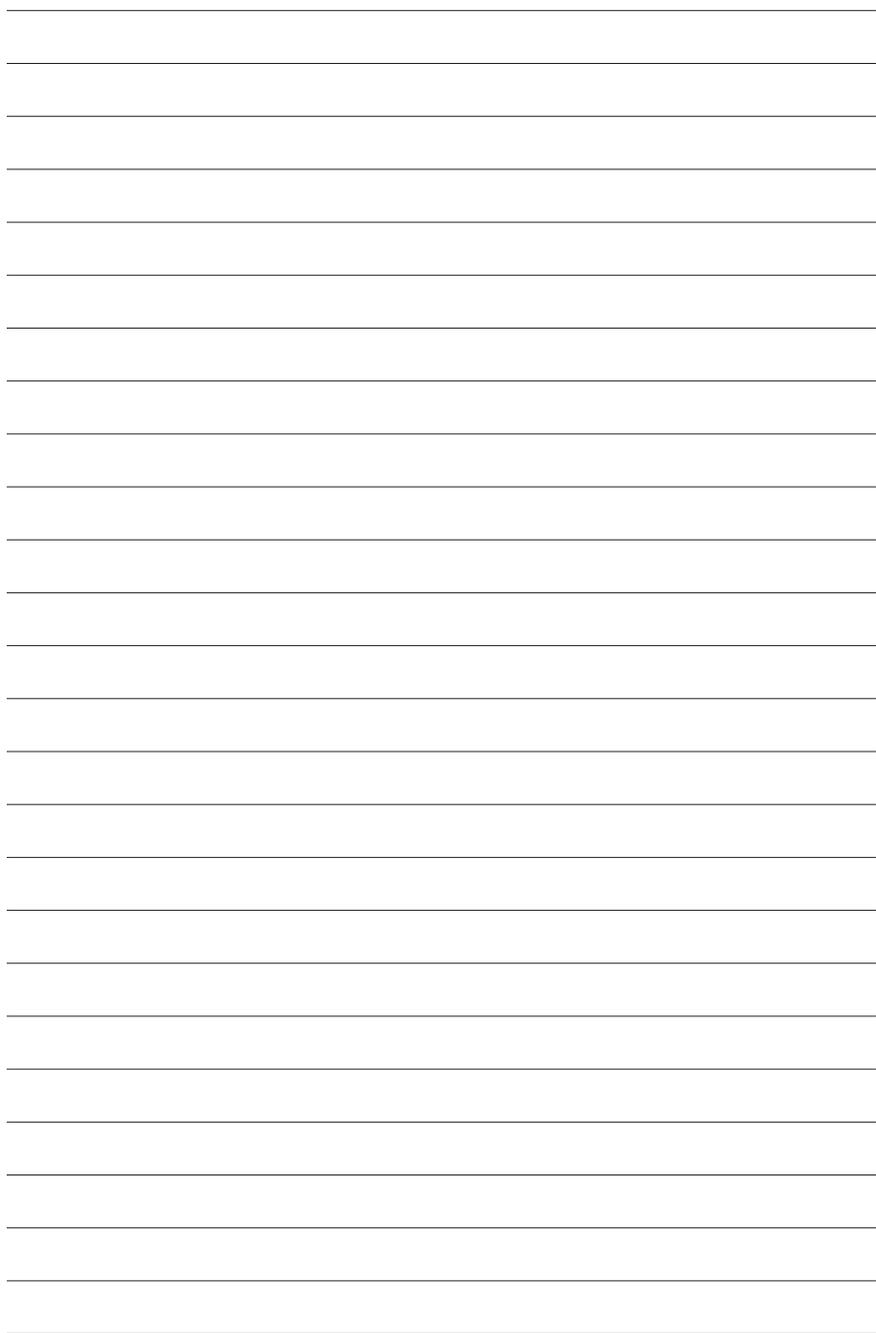
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Go to your quiet space. Ask the Holy Spirit to speak to you through this work of abstract art. Throughout scripture, God often speaks in abstract ways: through puns, metaphors, parables, etc. God continues speaking to us in these ways even today. Ask him to speak to you in an abstract way as you observe this piece of art.



Becca Patton



## PRAYER TO BEGIN EACH DAY

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## PRACTICING CREATIVITY

Quiet yourself before the Lord and read these verses:

*"In the beginning God created the heavens and the earth... So God created mankind in his own image, in the image of God he created them; male and female he created them."*

Genesis 1:1,27

Take a moment to pause and reflect on the fact that God is the author of creativity. He is the complete fullness and embodiment of what it means to be creative. Now, take a moment to reflect on the fact that you are created in his likeness. *You were created to be creative.*





WEEK 5

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LISTENING THROUGH  
VISIONS & DREAMS

**See • Dream • Interpret**  
*Speak Lord, your servant is listening.*

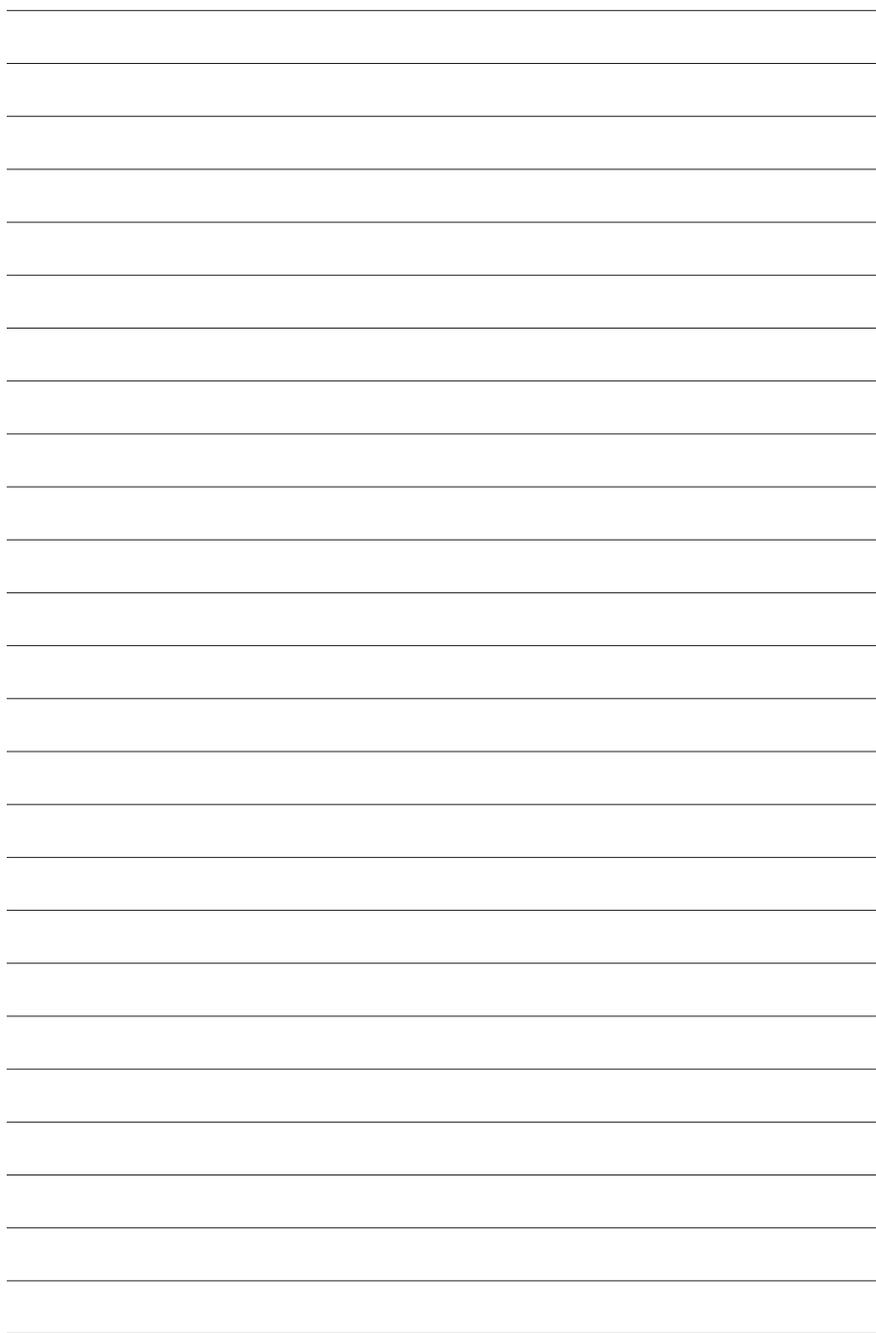
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Go to your quiet space. Ask the Holy Spirit to speak to you as you read Acts 2:1-18. Re-read verses 17-18. Scripture states one of the ways we can detect an outpouring of God's Spirit is through an increase of prophecy, visions, and dreams. Often, we limit prophecy to mean predicting future events.

In 1 Corinthians 14:3, Paul explains that prophecy is exercising a gift that strengthens, encourages and comforts the church. Take a moment and ask God to pour out his Spirit on you in greater ways, especially through prophecy, visions, and dreams. In your journal, record anything you saw, heard, and felt.



## PRAYER TO BEGIN EACH DAY

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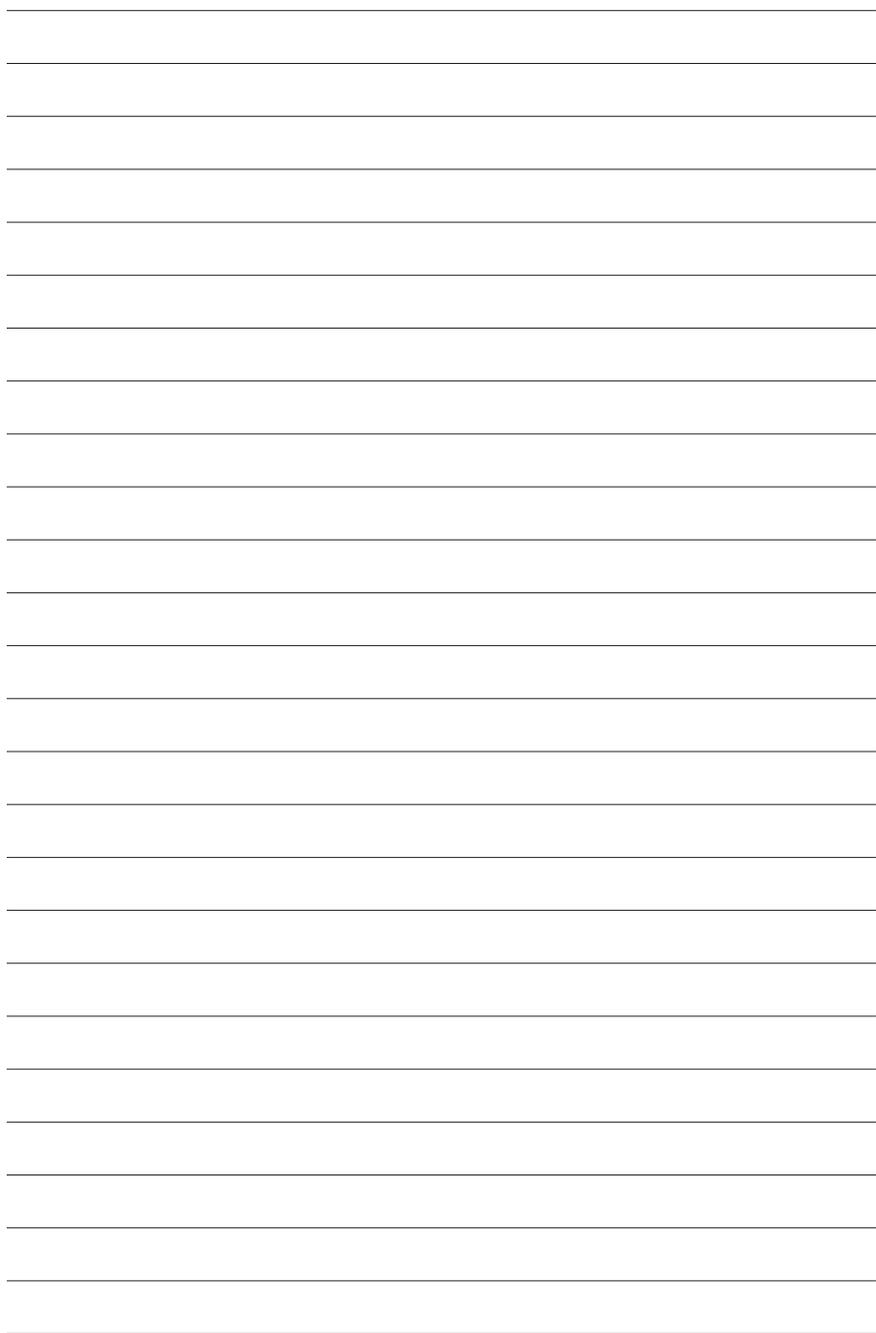
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Visions are one means through which God reveals his ways or purposes, allows us to have a greater perception of the supernatural world around us, and even reveals the future. Visions are manifested in different ways, including pictures that pop into our minds, cartoonish or symbolic representations that convey a metaphorical message, video or movie like images in the mind's eye, or even the sense of actually seeing with our natural eyes into the spiritual realm\*.

Read these accounts of visions from the Old and New Testaments. Which one stands out to you the most? Ask the Holy Spirit why that is and record your thoughts and impressions in your journal.

- *2 Kings 6:8-17* (Elisha asks for his servant's eyes to be opened)
- *Daniel 10:1-14* (Daniel's vision of a man)
- *Luke 1:8-22* (Zechariah's vision in the temple)
- *Acts 10:1-23* (Cornelius and Peter have visions)

\* Streams Ministries - Understanding Dreams & Visions



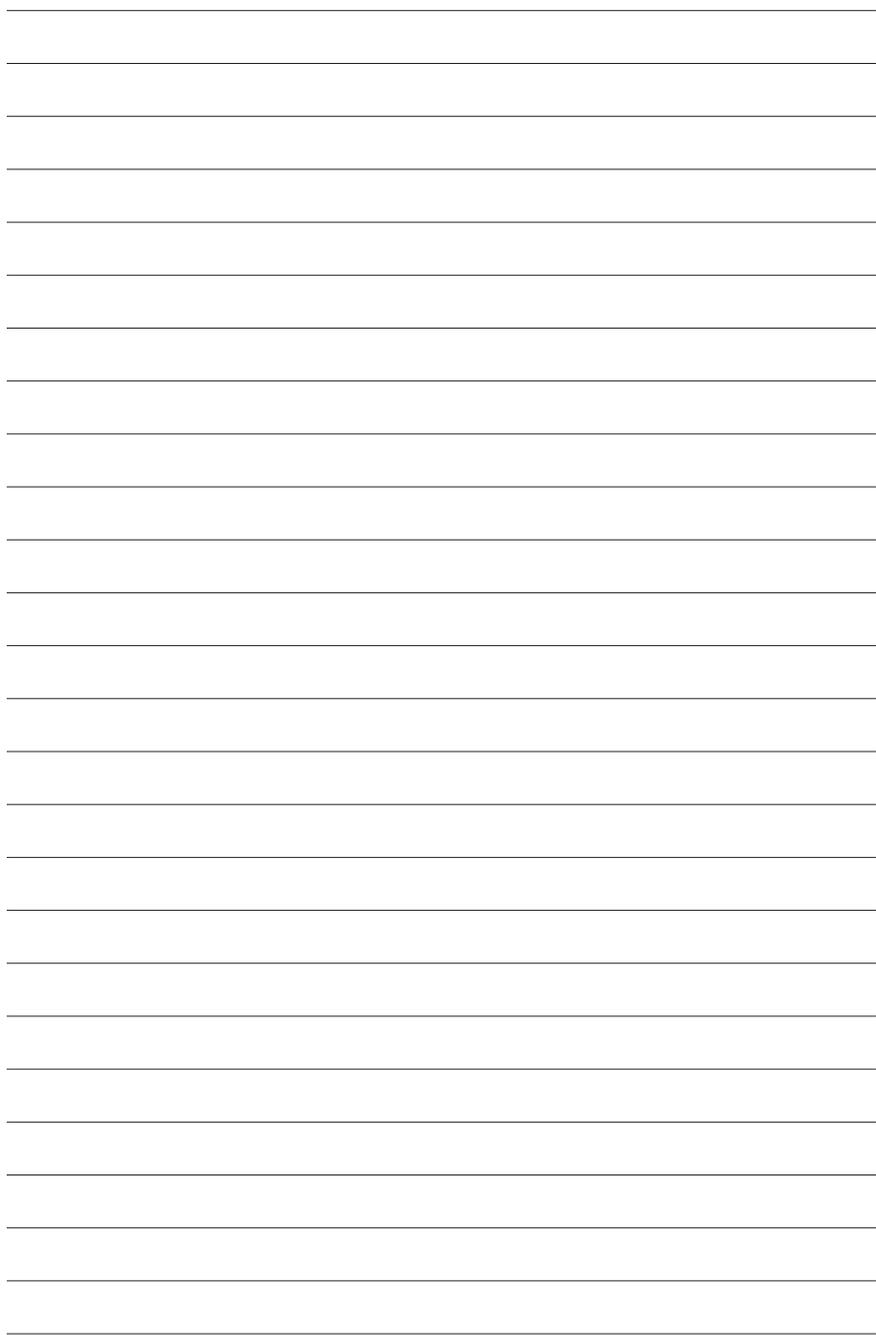
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---

Go to your quiet space. Ask the Holy Spirit to speak to you as you read Acts 9:1-19.

Take special note of the word "vision" in the passage. Ask God to show you any "scales" that need to fall off of your eyes - scales that may be limiting you from experiencing God speaking in various ways, like in dreams and visions. In your journal, jot down a few notes to capture what you saw and heard.



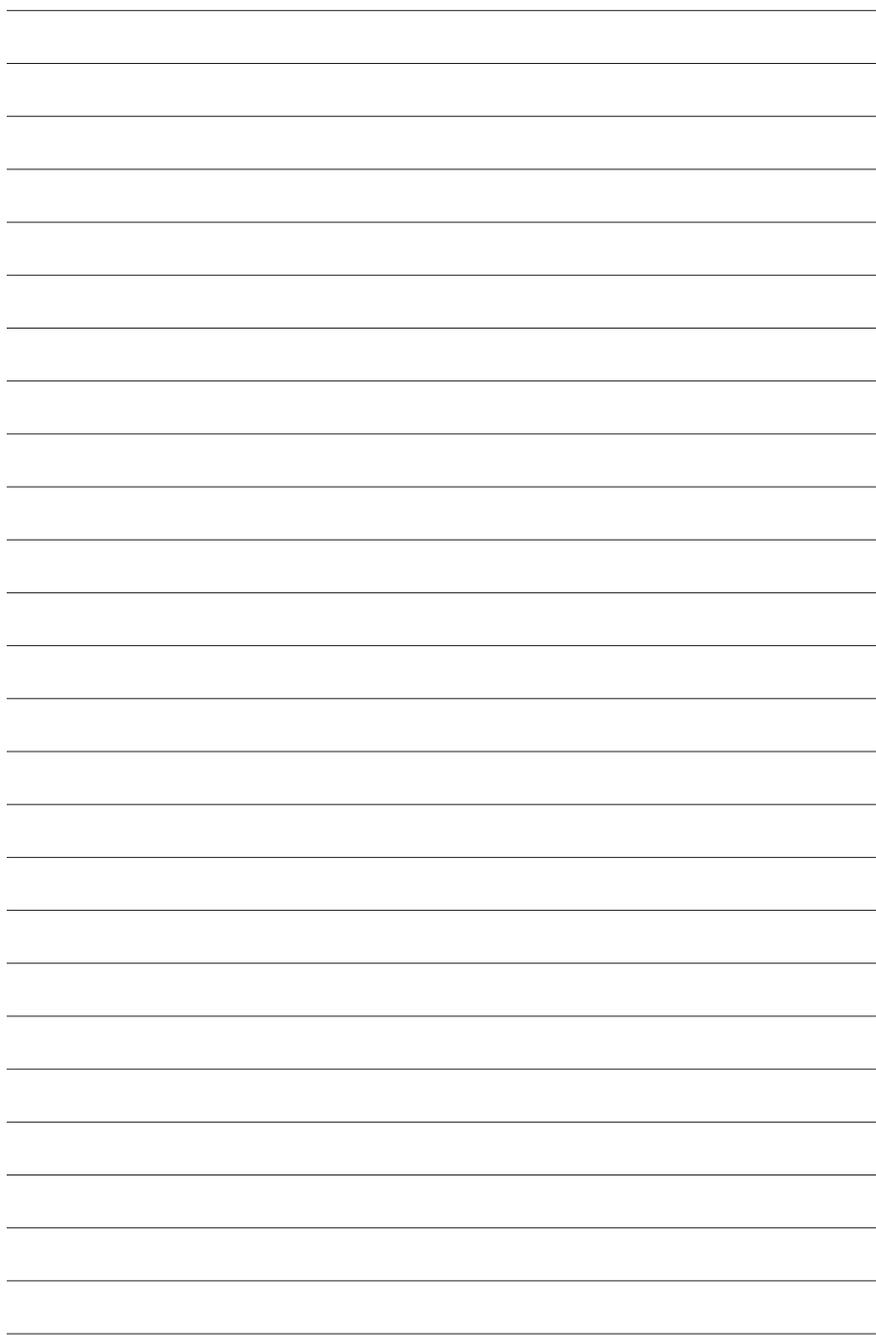
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---

Go to your quiet space. Read Acts 18:9-11. Ask the Holy Spirit to speak to you in a vision, showing you any ways fear is preventing you from walking in the fullness of what God wants for your life.

Remember that a vision can manifest simply as a picture that pops into your mind. If you do not sense anything right away, that's ok. Continue to press in and watch for it throughout the day or even over the next several days. Record your experience in your journal.



## PRAYER TO BEGIN EACH DAY

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Read some of these verses from the Old and New Testaments, which describe how God speaks to people in dreams:

- *Genesis 20:1-7* (Abimelech's warning)
- *Genesis 28:10-17* (Jacob's ladder)
- *Genesis 31:10-13* (Jacob's instructions)
- *Genesis 31:22-24* (Laban's warning)
- *Genesis 37:1-9* (Joseph's dreams)
- *Genesis 40* (Pharaoh's servants' dreams)
- *Genesis 41:1-40* (Pharaoh's dreams)
- *Judges 7:9-15* (Gideon & the barley loaf)
- *1 Kings 3:5-15* (Solomon's wisdom)
- *Daniel 2* (Nebuchadnezzar's dream)
- *Matthew 1:18-25* (Warning to Joseph not to divorce Mary)
- *Matthew 2* (Four warnings, given to the Magi and to Joseph, meant to protect the life of Jesus)
- *Matthew 27:19* (Pilate's wife's dream of Jesus' innocence)



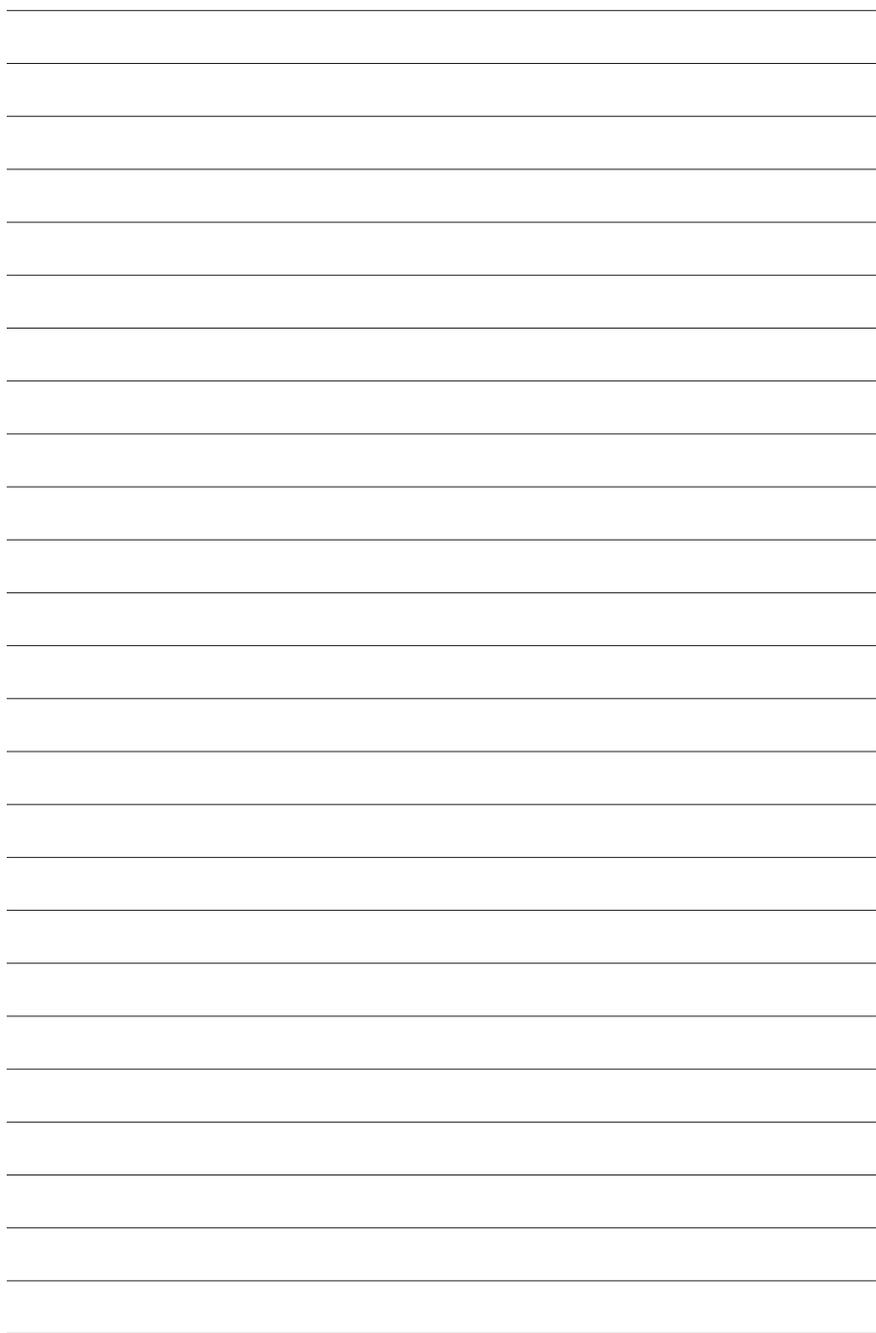
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We see in Genesis 40:1-8 and Daniel 2:27-28 that all interpretation belongs to God - not to the enemy nor the secular realm. Only the Holy Spirit can reveal the interpretation of the mysteries he speaks. Take a moment and do an inventory of any ways you have sought to gain interpretation, understanding, or future knowledge through any method other than the Holy Spirit (e.g. secular dream interpretation models/books/websites; psychics; astrologers; Tarot cards; Ouija boards; divination: etc.).

Confess and repent of participating in these things and ask the Lord to close any doors of access the enemy gained in your life. Ask God to give you a greater filling of the Holy Spirit that enables you to understand and interpret how he speaks through visions and dreams. Record Jot down a few notes in your journal.



## PRAYER TO BEGIN EACH DAY

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## PRACTICING DREAMING & RECEIVING INTERPRETATION

In Day 33 we saw that God speaks in dreams all throughout Scripture. And in Day 34, we saw that all interpretation belongs to God. Since God is the same yesterday, today, and forever (Hebrews 13:8,) we can trust that he wants to continue speaking to us in this way as well. Today, begin asking God to speak to you in a dream and to prepare your spirit to receive an interpretation from the Holy Spirit.

Tips for Dreams & Interpretation:

- Before you go to sleep, ask God to protect your dreams (the enemy wants to counterfeit and prevent prophetic dreaming by causing nightmares.)
- Ask God to wake you up at just the right time for you to remember your dreams.
- Record your dreams right away in a note on your phone, on a piece of paper, etc.





WEEK 6

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REVISIT & REVIEW

Journal • Read • Listen • Observe • Dream  
*Speak Lord, your servant is listening.*

## PRAYER TO BEGIN EACH DAY

*Father, you have been so faithful! I am so thankful that it's possible to hear your voice and that I don't have to settle for living life only from human wisdom. Thank you that it is possible to hear your voice in every circumstance and experience I encounter. Please continue to grow my ability to hear, discern, and obey what you say, no matter the cost. As I review these five practices over the next few days, please speak to me in familiar ways, but also stretch me that I may hear from you in new ways. In Jesus name, Amen.*

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## JOURNALING

Go to your quiet space. Ask God "Who do you want to be for me right now? Which part of your nature or your character do you want to magnify for me and why?" I find it helpful to write what I hear the Holy Spirit saying in brackets as in the example below:

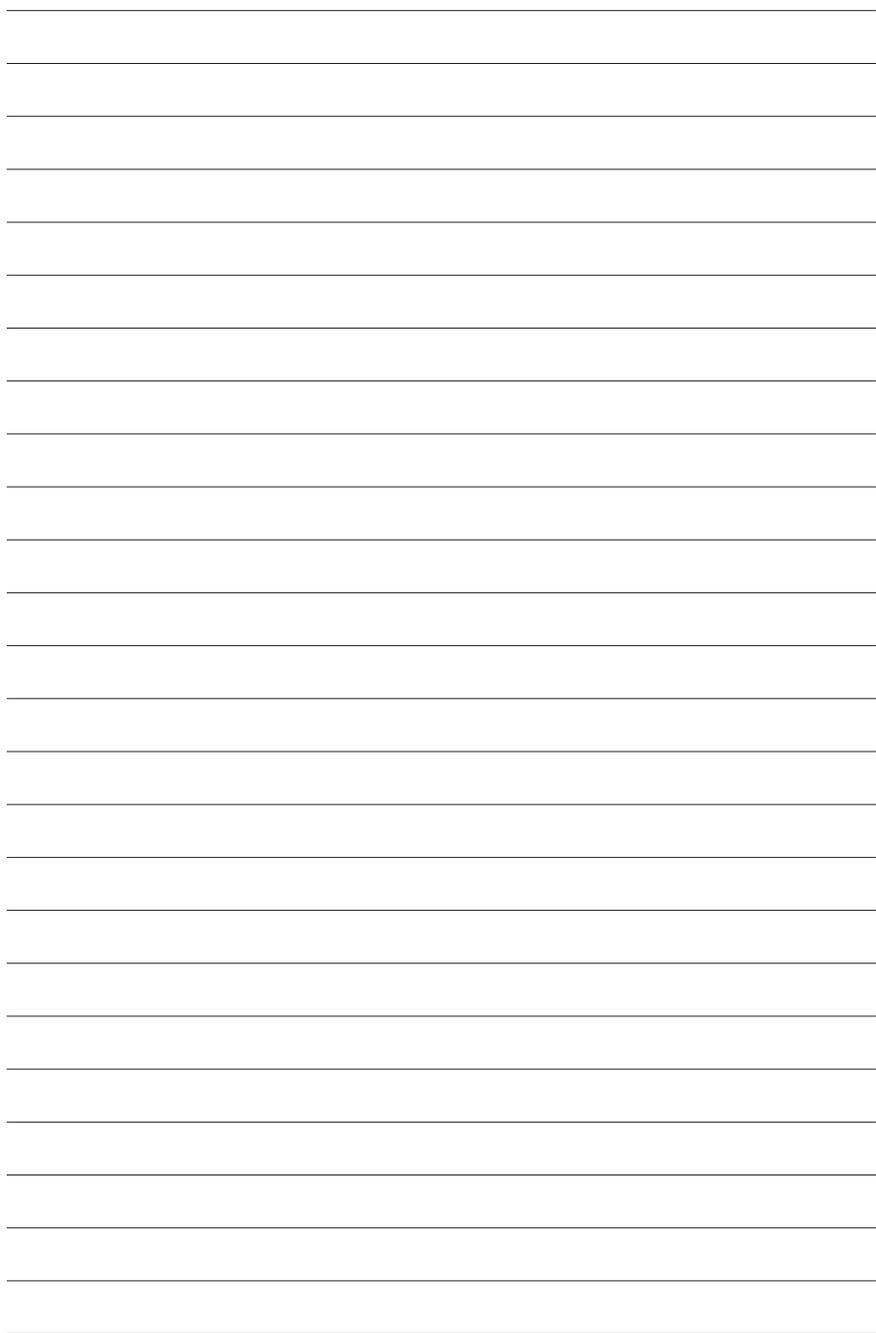
*Who do you want to be for me Lord, I'm listening...*

*[I am the Prince of Peace. In me you can be at total rest regardless of your circumstances.]*

*Lord would you show me anything in life that is draining my peace?*

*[Your fear and desire to control is draining you child. Let's go through your burdens one by one and you can lay them at my feet. I am able to take care of them for you. Will you trust me?]*

Spend an open-ended amount of time dialoguing back and forth with God.



## PRAYER TO BEGIN EACH DAY

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### LECTIO DIVINA (SACRED READING)

USING GALATIANS 5:13-25

1. **Prepare** (*Silencio*) - Sit in silence and offer yourself to God. Sit for a few moments in his presence.
2. **Read** (*Lectio*) - Read Galatians 5:13-25 out loud, slowly allowing the words to resonate and settle in your heart. After a pause, re-read the passage out loud. During these first two readings, listen for the word or phrase that catches your attention and lights up for you.
3. **Reflect** (*Meditatio*) - Take several moments to sit with your word or phrase. Re-read the passage quietly to yourself and listen to where the word or phrase connects with your life right now. Enter into the scene in your imagination and envision yourself being among those first readers of Paul's letter. Imagine the other people around you, watch for their reactions. Listen to how they interact with the words Paul has written. What do you hear and experience as you watch and listen?



## PRAYER TO BEGIN EACH DAY

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---

### PRAYER WALKING

God's spirit is at work everywhere and we get to be a part of his work! Make some time today to go on a prayer walk, wherever the Spirit leads you. Partner with him to bring heaven to earth.

### PRAYER WALKING 101

#### **Confidence**

- You can prayer walk in confidence knowing that you have authority in Jesus. (Matthew 28:18-20; Ephesians 1:18)
- You can confidently pray "... as it is in heaven, may it be in \_\_\_\_\_." (Matthew 6:10)

#### **Praise**

- Always have your first steps be praise oriented to exalt Jesus and to clarify in your mind the greatness of Jesus.

#### **Prayer Prompts**

As we prayer walk, there are specific ways God gives us insight into how he wants us to partner with him to bring about his will on earth:



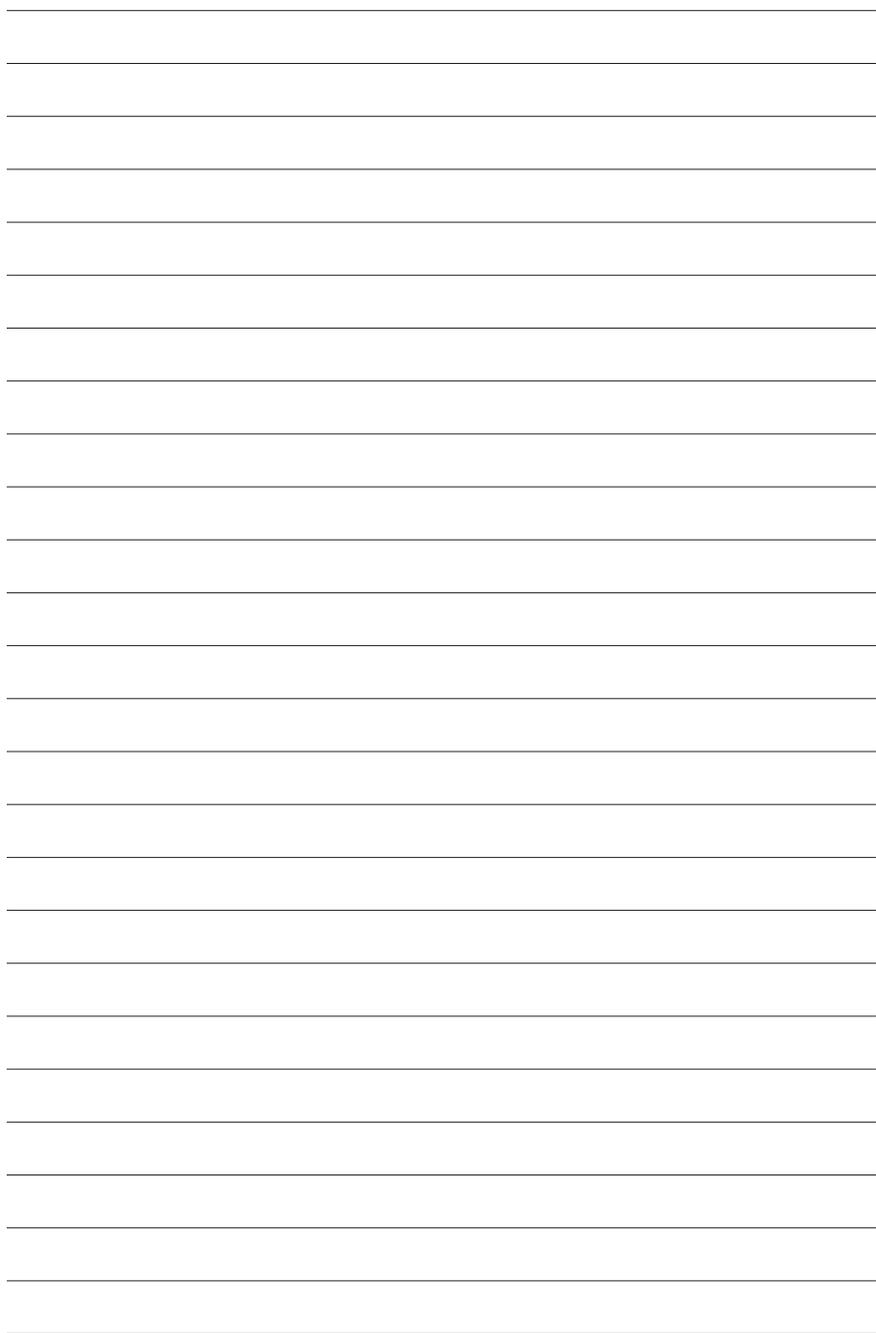
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## LISTENING THROUGH MUSIC AND ART

Today, choose a favorite song or piece of art work and ask the Holy Spirit to speak to you through it. Take your time enjoying this creative work, allowing it to minister to your spirit. In your journal, write down your thoughts and impressions.



## PRAYER TO BEGIN EACH DAY

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## DREAMING AND RECEIVING INTERPRETATION

Today, begin asking the Lord to give you a vision or a dream in the coming days about a part of your identity or calling that has been diminished, lost, or stolen. Maybe there is a piece of your God given gift and call that has taken a backseat as life has gotten busy or you have pursued other things. Maybe you willingly suppressed a part of your God given identity to better "fit in" or receive love from family or peers.

Maybe the enemy has hijacked a piece of your identity or calling and it needs to be purified and redeemed for use in the Kingdom of God, where it was originally designed to operate. Ask the Lord, in his loving kindness, to speak to you through dreams and/or visions about this area of your life, and to give you clear interpretation, in his timing, of what he is communicating to you.

