

# ☞ Growing in Hearing God ☞

## Simplified Version

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*Note: If you have a mentor, you may want to ask them to help you process this checklist. If you don't have a mentor, you might want to ask God to help you find one. A mentor who hears God can be very helpful to your spiritual growth process.*



**Biblical Basis:** “My sheep hear My voice, and I know them, and they follow Me” (John 10:27).

### ☞ Brief Explanation:

#### I. Understanding – Biblical and Experiential

##### A. Biblical

1. Do you believe that God speaks to His children?
2. Are you one of His children?
3. Do you believe that God wants to speak to *you* in ways you can understand? If not, why not?

##### B. Experiential

1. Are you aware of the various ways God speaks to His children?

They include:

- God speaking to us through scripture – generally or specifically
- God speaking to us through nature
- God speaking to us through people
- God reminding us of something or pointing out its significance

- Holy Spirit inspired:
    - Impressions
    - Thoughts
    - Insights
    - Creative ideas
  - God orchestrating occurrences in our lives
  - A sense of “release and peace”<sup>1</sup>
  - Dreams and visions
  - God speaking to us in an audible voice
  - Miraculous occurrences
  - Other ways God speaks to us
2. How have you experienced God speaking to you in the past (if you have)? Give one to five significant examples.
3. Would you like God to speak to you more? If so, ask Him to help you grow in hearing His voice.

## II. Hindrances to Hearing God’s Voice.

*Note: More explanation of these hindrances, including exercises for identifying them and ideas for overcoming them are in the standard version of “Growing in Hearing God,” available online at [www.freemin.org](http://www.freemin.org).*

- A. Related to Biblical Understanding.
  - 1. Not believing that God speaks to His children.
  - 2. Not knowing that you are His child.
  - 3. Not believing that God wants to speak to *you*.
- B. Related to Your Concept of God
  - 1. When the “god” Your Parents Showed You Is Not the True God.
  - 2. Abuse and Trauma.
  - 3. Other Hindrances to Viewing God as He is.
- C. Related to Your Concept of Self
  - 1. How You Think God Views You.
  - 2. How You View Yourself.

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<sup>1</sup> Term from *Positioning for Power*, by Stuart Robinson, ©1998 Stuart Robinson.

D. Other Hindrances to Hearing God.

1. Anger, Bitterness, Rage, Desire for Revenge, and/or a Critical Spirit
2. Fear, Anxiety, Doubt
3. Unforgiveness
4. Unconfessed Sin
5. An Unsurrendered Heart and/or Unsurrendered Outcomes
6. A Focus on Self and/or Self-Protection
7. Vows and Decisions
8. Feeling that asking God to speak to you is unrealistic or unwise for some reason
9. View of Relationships
10. Busy-ness
11. A Lack of Patience
12. Not *Really* Wanting to Hear What God Has to Say
13. Not Knowing How to Listen
14. Not Obeying Something God Already Said
15. Other Hindrances.



**Basic Steps in Learning to Listen to Others:**

- Caring about what they have to say
- Encouraging them to share with you
- Taking the time to listen to what they have to say
- Reflecting back to them what you think they said and getting their feedback
- Refining your listening skills so that you can more accurately hear what they are saying.



**Basic Steps in Learning to Listen to God:**

- Caring about what He has to say
- Asking Him to speak to you

- Taking time to listen to what He has to say (including growing in your knowledge of God's Word, and learning to be still)
- Reflecting back to God what you think He's saying and asking Him to help you discern whether or not that's really what He's saying
- Refining your listening skills so that you can more accurately hear what God is saying.

### **Basic Steps for Growing in Hearing God and Overcoming any Hindrances:**

- *Ask* God to Help You. Ask Him:
  - To help you grow in hearing His voice
  - To help you hear His every whisper.
- *Seek* to Overcome any Hindrances. Ask God:
  - To help you fully trust Him, surrender to Him, and obey Him
  - To show you any hindrances you have to hearing His voice.
  - To overcome any hindrances you have to hearing His voice.
  - To show you practical ways to overcome these hindrances. (You may want to ask a mentor to help you with this. If there are many potential hindrances, you may also want to ask a mentor to help you discern which hindrances to focus on overcoming *first*, and which to focus more on *later*.)
- *Practice* Hearing God's Voice
  - Set aside regular times to listen to God.
  - Ask God to speak to you throughout your day – in whatever ways He chooses – and to help you to hear all that He's speaking to you.
- *Test and Evaluate*

- Test what you hear to make sure it's consistent with God's Word.
- Evaluate whether or not what you heard is really God speaking.
- Get the perspective of someone who is spiritually mature and has good discernment.
- Continue growing in discernment and in learning to hear God's voice.
- Continue to *ask, seek, practice, test* and *evaluate*.

### **Follow Up:**

- Periodically evaluate your progress.
- Celebrate your successes.
- Through studying God's word:
  - Learn more about who God really is
  - Learn more about how much God really loves you
  - Learn more about how often God wants to speak to you. (God is always speaking to us, but we don't always hear Him. He's put His Holy Spirit, who loves to communicate with us, in our hearts. God wants us to grow in hearing His voice.)
  - Learn more about God's ways and perspective.
- Rejoice that God wants to communicate with you, and that through His power He is fully able to help you grow in hearing His voice. To Him be the glory!



### **Keys:**

- Ask
- Seek
- Practice
- Test and evaluate

