



Elaine's Cliff Notes

- Skit where Elaine did not give the Lord a chance to speak. Give Him time and space
- Two-way invitation-He invites us to listen, we invite Him to speak
- How is our image of God? Of ourselves?
- A few of the reasons why God wants to speak to us:
 1. To draw us close
 2. To equip us for our mission
 3. For blessings and revelations
 4. To bless others
- How God speaks to you will be unique because YOU are unique!
- Are we struggling to hear God because the pain is too loud?
- Is your truster broken?
- Scriptures: Central to hearing God's voice. Let Him direct your reading.
- Waiting on the Lord, taking time to be quiet in His presence, shows we trust Him and want to interact with Him. May take time.
- Be willing to step out in faith when the Holy Spirit gives you the "nudge".
- Earnestly desire the spiritual gifts, especially that you may prophesy. Keep your eyes and ears open!
- God loves our questions! God loves interacting with you!
- Scripture is our safeguard.
- God can use digital clocks to remind us of scripture- check out David Pedersen's Facebook page "Take Time for God's Word" (also the title of his book).
- The Lord will speak in many and varied ways-through nature, dreams and visions, images, journaling, music, other people, circumstances and much much more!
- Stay open, expectant and ready. God has so much He wants to tell you
- Recommended reading: *How to Hear God* by Pete Grieg

Scriptures used in Elaine's talk on November 9th

James 4:8	Draw near to God and He will draw near to you.
Ephesians 2:10	For we are His workmanship, created for good works, that God prepared beforehand so that we will walk in them.
1 Cor 2: 9-10	Eye has not seen, nor ear heard all that God has prepared for those who love Him. For to us God revealed them through the Spirit who searches all things, even the depths of God
Hebrews 4:12	For the Word of God is living and active, sharper than any two-edged sword
Isaiah 55:11	So shall My word be that goes forth from my mouth. It will not return to Me empty without accomplishing what I desire
Jeremiah 18:6, Isaiah 64:8, Isaiah 45:9, Romans 9:20-21:	The Potter and the clay
Hebrews 11:6	He is a rewarder of those who seek Him
I Cor 14:1	Earnestly desire the spiritual gifts, especially that you may prophesy

Verses prayed over us at the end of the talk:

Isaiah 50:4d	He awakens my ear to listen as a disciple
Isaiah 55:3	Incline your ear to me
Psalms 5:3	Order your prayer and eagerly watch
Psalms 119:147	I rise before dawn and cry for help - I wait for your words
Psalms 63	My soul thirsts for you, I meditate on you in the night watches, in the shadow of your wings. My soul clings to you
Matthew 4:4	We do not live by bread alone but by every word that comes out of the mouth of God
John 14:26	The Holy Spirit will remind us of what Jesus taught us.
Isaiah 64:4	No eye has seen, nor ear heard of a God who acts on behalf of the one who waits for Him



WALKING WITH THE SPIRIT

Interacting with the Holy Spirit: Listening to His Voice

Quiet Reflection and Journaling, November 9, 2024

During these times of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time. We then wait, listening for His response. Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart.

☞ The value of this journaling time is that we can open the door to these subtopics and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and from the scriptures included on this page.

1. Do you need to click "refresh" on your hearing from the Lord? Ask Him where He wants to take you next and, how you can grow in this important skill of hearing His voice.

2. Is there anything the Lord wants to say to you about how you view of God? About how you view yourself? These things may hinder your hearing from Him.

3. If your life is too full of other things so you have little time to wait on Him and hear His voice, explore with the Lord how that may change. What things are crowding out the Lord's voice?

☞ Galatians 5:16-18; 22-25

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the law. . . .

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

☞ John 16:13-15

¹³ But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴ He will glorify me because it is from me that he will receive what he will make known to you. ¹⁵ All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you."

4. Perhaps there is a yearning inside of you for something more. Do you feel that the Lord is calling you deeper? Ask Him to speak to you about this.

5. Have you been asking God for an answer and have heard nothing? Ask again. Maybe you are asking the wrong question like George Washington Carver. Keep asking!

6. Meditate on Psalm 63 or any of the scriptures that were shared today. Ask God to speak to you through scripture.

The Creativity of the Holy Spirit

Quiet reflection – called journaling, is meant to extend beyond processing of feelings and thoughts. One of the main values is giving God time to speak to us! For example:

🕊️ Listen

Is He asking questions of you? Is He providing much needed counsel -- His interpretation of your inner thoughts?

🕊️ Dialogue

Conversation with the Lord brings much understanding and draws us closer to Him.

~ Invite Him to speak to you. Wait in the quiet. Respond. Wait again, etc.

~ Write a letter, poem or psalm to express your heart.

🕊️ Images that Speak

~ Draw a picture or symbol of what is on your heart.

~ Ask Him for an image that depicts how He sees you or something you're concerned about at this time.

🕊️ Editing Your Story

Ask Him to bring to light any assumptions or perceptions embedded in your heart and story that are not true. What is true that He would write in place of what is written there?

🕊️ Quiet

Invite the Lord to minister to you in the quiet. Whether with words or in the simple awareness that He is present with you, let Him “restore your soul” in whatever way you need. You may want to journal and reflect on this time later.