

Hearing the HOLY SPIRIT

A LITTLE ABOUT HEARING THE HOLY SPIRIT

Throughout Scripture, from Genesis to Revelation, the pages are filled with stories, promises and teaching about God communing with people. He is constantly loving, correcting, encouraging, exhorting, reminding, refreshing, promising, revealing, restoring.

Jesus promised that we would all have the Holy Spirit who would live within us, which means we can commune with Him and hear from Him. As we do this, there are some undeniable filters to discern what the work of the Spirit looks like; It's Fruit.

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. 26 Let us not become conceited, provoking and envying each other.

Galatians 5:22-26

Wherever the Holy Spirit is at work, we will see this fruit. As we listen to the Spirit we will see this fruit growing in our lives. And we hope that as you lean into this practice you will find renewed refreshment and purpose.

"Growing in Discernment, Obedience & Relationship through the Spirit"

KEY VERSES

1 Kings 19:10-18

1 Corinthians 14:26-40

Romans 15:13

Galatians 5:22-26

John 14:16

Psalms 139:7-8

SOME PASSAGES FOR
RELECTION & A
DEEPER DIVE

Acts 2

1 Corinthians 11-14

TEACHING



Scan the QR code for further
resources



SMALL TABLES

TREKING TOGETHER

FORM

WE ENCOURAGE THESE PRACTICES TO BE PRACTISED TOGETHER. IF POSSIBLE, FIND A SMALL TRUSTED GROUP OF PEOPLE OR EVEN JUST ONE OTHER, THAT YOU JOURNEY & WRESTLE THESE IDEAS, BIBLE VERSES AND PRACTICES WITH.

HERE ARE SOME QUESTIONS TO GET THE CONVERSATION STARTED

QUESTIONS

WHAT IS GOD SAYING TO YOU THROUGH THIS PRACTICE/SCRIPTURE?

WHAT ARE YOU WRESTLING WITH IN TERMS OF THIS PRACTICE?

WHAT IS ENCOURAGING YOU ABOUT THIS PRACTICE?

WHAT IS GOD ASKING YOU TO DO, MOVING FORWARD?

WHAT WAYS DO YOU THINK THE SPIRIT SPEAKS TO YOU?

HOW DO YOU DISCERN IT'S HIS VOICE?



SMALL TABLES

TREKING TOGETHER

WHAT DOES IT LOOK LIKE

WE ENCOURAGE THESE PRACTICES TO BE PRACTISED TOGETHER. IF POSSIBLE, FIND A SMALL TRUSTED GROUP OF PEOPLE OR EVEN JUST ONE OTHER, THAT YOU JOURNEY & WRESTLE THESE IDEAS, BIBLE VERSES AND PRACTICES WITH.

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WEEKLY CHALLENGE

WEEK 1 - WATCH THE PRACTICE GUIDE VIDEO, READ THROUGH THE SCRIPTURES ON HEARING THE HOLY SPIRIT.

QUESTIONS TO DISCUSS -

WHAT IS GOD SAYING TO YOU THROUGH THIS PRACTICE/SCRIPTURE?
WHAT WAYS DO YOU THINK THE SPIRIT SPEAKS TO YOU?
HOW DO YOU DISCERN HIS VOICE?

WEEK 2 - TALK THROUGH AND PRACTICE ONE OF THE EXERCISES IN THE PRACTICE GUIDE TOGETHER,.

QUESTIONS TO DISCUSS - WHAT ARE YOU WRESTLING WITH IN TERMS OF THIS PRACTICE? WHAT ARE YOU FINDING ENCOURAGING?

WEEK 3 - DISCUSS AS A GROUP WHAT YOU HAVE BEEN HEARING FROM GOD LATELY IN YOUR LIFE.

QUESTIONS TO DISCUSS - IS THERE AN INVITATION FROM GOD OR WHAT IS GOD ASKING YOU TO DO, MOVING FORWARD?

WEEK 4 - CREATE TIME AT YOUR SMALL TABLE MEETINGS TO REGULARLY STOP AND LISTEN TO GOD TOGETHER. HOW AND WHEN WILL YOU DO THIS?

Learning God Voice

The first step in listening to the Holy Spirit is understanding God's voice. Throughout this trek, we have explored many different methods and tools that enable God to speak & stir in our lives. This presents a great opportunity to reflect on these practices, both known and unknown, in order to better equip ourselves to listen and discern His voice.

1. Read the Bible

66 Books, spanning thousands of years. All telling the unified story of the Creator & His Creation. Reading & understanding these stories, poems, parables and songs helps us understand how God moves and how we are to respond. It is through knowing the Word, that we are able to better know His voice.

*The first encouragement in this Practice is about a healthy habit of another Practice **Wielding the Word**. Meditate on Scripture, read it often, memorise verses or passages which are particularly encouraging or meaningful. Ask yourself questions like what is God saying through this scripture?*

2. Prayer

*As discussed in the previous practice "**Transformative Prayer**", prayer is so much more than just a shopping list for God. It's a transformative practice that builds our relationship with God and allows us to see our world transformed through this time with God. It's very hard to hear from God if we are not speaking to Him in the first place.*

Our encouragement is also to ask God to speak to you, whether it be through his Word, through a friend or even through a dream or life event. And pray with others: get together to pray or just pray on the spot when a need comes up or an opportunity arises.

3. Listen Well (Seeking Stillness)

*The next encouragement is to **Seek Stillness & Silence**. Our world is loud, noisy, busy and invasive. No one needs to learn how to listen to Social Media. It will notify you, buzz or beep you if you have been away from it for 'too long'.*

The Holy Spirit however is not invasive and won't buzz you non-stop. His voice is described as a small whisper (1 Kings 19:12). He is relationship building, refreshing, restorative, and so we seek to give Him space; to make time to listen, without distraction. This could be in silence or in worship or while reading the Word.

This could also look like predictable times away from the hustle & hurry of life. A daily moment, a weekly discipline or a monthly retreat. Creating a sacred time to listen.

4. Cultivating Community

God has given us Christian community for a reason. He has given us all types of different gifting's. It is in this body, this common union around Christ, that we can hear from the Holy Spirit or be affirmed in what He may be saying or encouraging us with.

Whether it be a direct word, an encouragement or an uplifting testimony or Bible verse, God uses His community to help us hear & discern His voice. He also uses us to build community, and invite others into a relationship with Him as we are sensitive to His leading.

5. Be a Disciple

Lastly, God has asked us to make & also be a disciple (a life long learner). This is especially true when it comes to a practice like this. Our encouragement is to find people wise & trusted and journey with them on hearing the Holy Spirit and learning from them. Leaders, Pastors, Elders, Mentors are always a great place to turn, as well as trusted courses or retreats. Approaching this as a life long student, never an expert, will mean this Practice remains drenched in humility.

PUTTING IT INTO PRACTICE

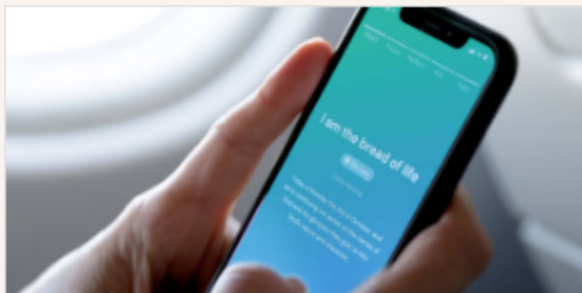
Giving the Invitation.

How we speak, what type of language we use & what questions we ask in our everyday lives, often forms how we interact with the world & God. Because of this, we invite you to consider the following prayers & invitations.

Disclaimer: This is not to say the Holy Spirit is not already involved in our life but these questions and invitations allow us to notice His presence & influence more and open your hearts to it.

Take a moment to listen, and give space for the Spirit to speak ...

- At the start & end of the day.
- Before and after you open the Bible.
- Before and after a meaningful conversation.
- With your Partner and/or Kids.
- When your Small Table meets.
- In your church.



Lectio 365

The Lectio 365 app is a free daily devotional resource that helps you pray the Bible every day.

Here is a tool that helps guide you to listen to God and reflect on His word daily.

www.24-7prayer.com/resource/lectio-365/



FAMILY PRACTICE

THE LAKE

It's a Saturday morning. The kids have been up way too early and have watched way too many morning cartoons & we (the parents) are ready to get them out of the house.

For us that means a walk around a local lake in Varsity. This walk/scoot/ride is obviously flexible depending on location, kids ages and abilities, but the intentional questions and the rhythms are the same.

Q1. What are we thankful for this week?

Q2. What has God been saying to you lately?

Admittedly, the conversation is mostly between my wife and me, but the kids are learning our rhythms. The kids are learning that mum & dad hear from God & process it together.

It's not always a deep conversation or insane visions or long winded revelations. Quite often it's the processing of a combination of what we have been reading, conversations with others and how we see God speaking and working in all of it & then sometimes it is more epic.

We of course ask the kids as well, allowing them to learn that God isn't someone we just believe in, but He is a tangible, on-going presence, working in every area of our life.

This conversation leaks over into pre-bed time prayers and questions & into the odd family dinner conversations during the week.

The invitation is not to mimic this exactly this season, but to ask yourself **where and what is your lake-like rhythm?**

A close-up photograph of several hands holding white ceramic mugs on a light-colored surface. The hands are positioned around the mugs, suggesting a shared drink or a moment of connection. The lighting is soft and natural, creating a warm and intimate atmosphere.

DISCIPLESHIP TOOL

THE 3 Rs

Here is a basic conversation tool you can use for your discipleship relationships. Using the 3 Rs you can be a disciple that makes disciples.

RELATIONSHIP

As Jesus invited the disciples to walk with Him so we invite others into our lives. Sharing our life with one another grows deep connections for lasting change, by living vulnerably and authentically with one another.

Suggested Qs: How has your week been? What has been a high and low moment in your life recently? Where have you seen God at work lately?

REALIGN

Transformation in our lives happens best when we align our lives with God's good and perfect will. To become like Jesus we need to realign our minds to the truth of the Bible and be shaped by the Holy Spirit. This could be through a book, verse, or trek practice.

Suggested Qs: What do you think God is saying to you in this moment? What does scripture say about this? What do you find challenging/encouraging from this passage?

Helpful tool: Jesus had 3 core relationships that he made a priority. (His relationship with God the Father, His community and the Lost). Q. Which Relationship is God challenging you to make a priority at the moment?

RESPONSE

To be transformed we need to respond in obedience to Jesus' invitation to walk His way. We don't do this alone but can support one another through encouragement and prayer.

Suggested Qs: What are you going to do about what God is saying? What is your first step? How can we support and pray for each other?