

PRAYER
WEEK

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LISTENING PRAYER GUIDE



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ATLANTIC PROVINCES

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A SIMPLE GUIDE TO PRACTICE LISTENING PRAYER

1. CLEAR THE ROOM OF ALL THE NOISE

► Start by asking Jesus to silence all other voices in the room, so that you can only hear the voice of the Father. Specifically ask Jesus to silence the voice of our enemy. Also, ask Jesus to quiet any of the distracting thoughts in your mind.

***Note:** This might take a few minutes to do. There is no need to be in a hurry. Again, the outcome of this practice is to deepen your relationship to the Father.

2. CLEAR THE ROOM OF MY HEART

- Begin with forgiveness.
- Ask the Father to bring to mind anything you don't feel forgiven for. If there is anything, imagine taking it to the cross and leaving it there.
 - Then ask the Father if there is anyone you need to forgive. If there is, imagine releasing this person and any offences.

3. INVITE GOD TO SPEAK

- Some possible prompts:

For Individuals:

- "Speak Lord, your servant is listening?" (1 Samuel 3:10)
- Is there anything I believe about myself that is not true? What does the Father want to replace it with.
- Ask the Father if there are any other things that he wants to speak to you about.

For other people when praying in community:

- Ask the Father to give you a word, picture, Scripture, or a song for the person. Take turns sharing what you hear in community.
- Take time to bless and encourage and affirm the Father's love over each other.

***Note:** Pay attention to the first thing that comes to your mind.

4. FOLLOW UP WITH GOD

- When God brings something to mind, ask some follow up questions.
- What do you want me (or us) to know about this?
 - Is there anything else? (Don't be afraid to wait longer and just enjoy the time of stillness in the presence of the Father.)

5. WHAT IF.

- Some common frustrations during Listening Prayer.
- *What if* you ask God to speak and there is nothing or you see just blackness in your mind's eye? If this is the case then ask the Father, "What do you want me to know about this?" Perhaps the blackness is an invitation into peace or rest. Press in and wait in his presence.
 - *What if* it's really hard to focus? Ask the Father, "What do you want me to know about this?" And remember that this is a Practice, it can take some time.
 - *What if* you are not hearing anything, ask the Father if there is a Scripture that He wants to bring to mind.

Remember that, overall, this is a time to be deepening your relationship with the Father. Maybe this is just a time to relax with the God and receive his love.

***Note:** Thank God for speaking to you.