

Brief Guide to Listening Prayer

<https://practicingtheway.org/pray/week-seven>

1. 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 and any demonic forces. Also, ask Jesus to quiet any of the distracting thoughts in your mind.
2. 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 offenses.
3. Invite God to bring to mind what he wants to address. Perhaps explore some of these prompts:
 - 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.
4. When the Father brings something to mind, ask some follow up questions:
 - What do you want me 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.)

Here are a couple common frustrations when doing 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.
- 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.

Pray to thank God for speaking.

