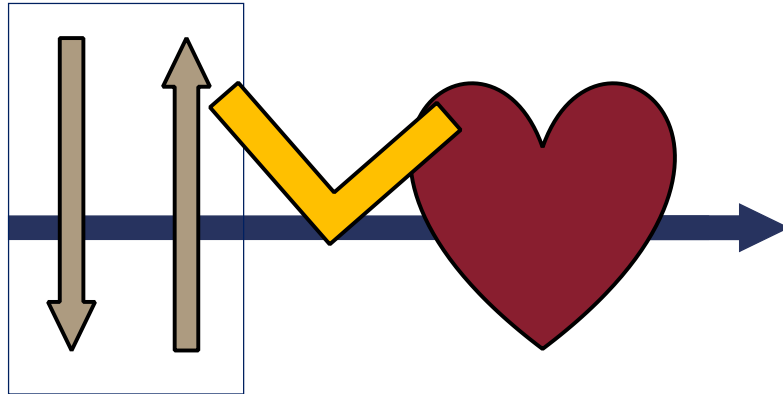


**Session 1 –Discipleship Foundations** (Marcus Warner)

# The Gospel



## The Spirit



**S**eek  
**L**isten  
**O**bey  
**W**atch

## **Session 2 – Biblical Foundations** (Nik Harrang)

*"Learning to listen to God is a process that starts awkwardly and grows slowly but develops and matures until it is hard to see how you could ever have lived without it." Rusty Rustenbach*

### **God is a COMMUNICATIVE God**

- God created the world with words.
- God sent His Son as THE Word (logos).
- Good relationships are always built on two-way communication. (God is not an absentee Father).

How God speaks

- Creation
- Bible
- Conscience
- Others
- Directly

### **All Christians can hear from God DIRECTLY.**

- Jesus said his followers hear his voice (John 10:14, 27)
- Jesus delegated the Holy Spirit much of what he wanted his followers to know (John 16:12-14).
- We are told to talk to God and expect Him to talk back!

***Call to me and I will answer you and tell you great and unsearchable things you do not know – Jeremiah 33:2-3.***

## Inquiring

- **David**
  - 1 Samuel 30:8
  - 2 Samuel 5:23
  - Contrast: 1 Samuel 27:1
- **Paul** (2 Corinthians 12:7-9)
- **Habakkuk** 2:1-2

## Testing

- Scripture
- Shalom
- Confirmation from others
- Consistency with character

## How We Hear from God

- **S**cripture - God may bring a bible verse, biblical truth, or story to mind.
- **W**ords (phrases) – You may “hear” it internally or sense it.
- **I**mpressions (knowing) - Sometimes you can simply ‘see’ or sense something is true, even if you can’t logically explain why.
- **P**ictures – mental images (can be faint, but not always)
- **E**motions (Feelings) – Sometimes you will experience a feeling in your emotions.
  - **H**earth vs **H**ead – many testify to being able to discern God speaking more in their ‘heart’ than their mind.

## Session 3 – Brain Science Foundations (Marcus Warner)

☐ **R**elational Circuits On

☐ **P**athway Followed

☐ **M**utual Mind Shared



### Relational Circuits On

- No attachment is possible if your relational circuits (RCs) are off. So, listening prayer should always start by getting your RCs on.
- Your RCs are ON when all four levels of your right hemisphere are operating.
  - Attachment
  - Assessment (Guard Shack)
  - Attunement (Mother Core; Banana)
  - Action (Captain, Identity, Joy)

### Pathway Followed

- God can meet us at any level of brain function.
- Ideal Path
  - Safety Net: A place of attachment anchored in appreciation (AAA).
  - First Thought: Don't overthink. Pay attention.

### Mutual Mind Shared

- A mutual mind is experienced when we “read” someone’s body language.
- A mutual mind with God is experienced when we experience “thought rhyming.”

## **Session 4: Immanuel Prayer** (Amy Brown)

Appreciation is a Gateway to God

Intentional meditation on **specific memories of appreciation** awakens your mind to connection with God.

Think of times you felt

- Joyful
- Peaceful
- Accepted
- Connected

Philippians 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

### **Interactive Gratitude**

**Dear God, I am thankful for . . .**

- Specific rather than general
- Small rather than grand
- Add "why" if you are able to do so easily

**The response I sense from Him**

- Written in first person from God to you
- As a father to a much-loved child
- No pressure

## Listening Prayer Conference

Exodus 3:7-8

Then the Lord said,

- I have surely **seen** the affliction of my people who are in Egypt
- and have **heard** their cry because of their taskmasters.
- I **know** their sufferings, and
- I **have come down**
- **to deliver them** out of the hand of the Egyptians and **to bring** them up out of that land to a good and broad land.

I See

I Hear

I Understand

I'm Glad

I Can

**Shalom Check** (Let the peace of Christ rule ["umpire"] in your hearts . . . Col. 3:15)

- Do I feel peacefully calm – does this topic fit together better now?
- Am I sensing God's loving presence?
- Do I sense His presence even in my pain?

### **Alignment Check**

Does this line up with:

- The fruit of the Spirit (Gal. 5:23)?
- The love of God (1 Cor. 13)?
- The righteousness, peace and joy of the Kingdom (Rom. 14:17)?
- What my people sense from Holy Spirit (Acts 15:28)?

## **Session 5: Emotional Healing** (Marcus Warner)



### **REAL Prayer – Getting started**

- Option 1: Start with Forgiveness.
  - REAL Prayer was created for use with *The Steps to Freedom*.
- Option 2: Start with Connection
  - If you have a memory of feeling strongly connected to Jesus, start there.
    - Remember
    - Explore
- Option 3: Start with Appreciation
  - Use interactive gratitude to start
  - Practice returning to the peace you feel here.

## REAL Process

### Remember

*Help me remember any memory you would like to heal today.*

- Report on the first memory that comes to mind, even if it is not an obvious place to start

### Explore

*Right brain exploration: Bring to my mind the sights, sounds, smells (nonverbals) you want me to remember.*

- What comes to mind?

*Left brain exploration: Reveal the LIES the adversary has planted in my heart.*

- What started to feel true because of this memory?

### Ask

### Listen

#### Checklist

- **Feelings** – Does anything feel different?
- **Thoughts** – Any new thoughts?
- **Sights** – Do you see Jesus anywhere?

### Wrapping Up

What feels true that did not feel true when you started?

Do you feel more peace than when you started?

Can you connect with Jesus in this memory again?



## **Additional Notes**