Listening Prayer Exercise:

My Next Step Toward a Deeper Walk with God

Listening Prayer is a process of interacting with Jesus about your real life and asking Him to show you His heart for you and the situation you're currently experiencing. We begin with expressing gratitude to the Lord for something we are thankful for - perhaps a time you enjoyed one of God's gifts, or felt joyful, peaceful, or loved. We try to 'relive' the memory a bit, feeling what we felt, seeing what we saw, etc.

Begin with Gratitude: *"Lord, I am thankful ...*

Next, we pause and open our hearts asking God to show us His response, writing down our impressions of what we sense from Him. Try not to filter or overthink it, but rather trust that He is leading you to sense His response toward you as His child (Prov. 3:5). There will be time to test it later; for now, simply trust that you can sense His heart when you ask Him to share it and write down what comes to mind (Jn 10:27; Hab. 2:1-2).

My sense of God's response to my gratitude: *"Dear child of mine ...*

Inquire of the Lord: "Lord, how are you inviting me to go deeper in my walk with You at this time?"

Put words to the thoughts and things you sense, from God's perspective: *"My dear child...*