



## Listening Prayer FAQ

We listen for God's promptings in the midst of the noise of life. We are looking for what God is doing as well as saying to us. You say, "Yeah, but...."

**Listening? Isn't prayer what I say to God?** We are familiar with the several types of prayer: the "Now I lay me down to sleep" we were taught as children, the Lord's Prayer, and the table blessing. We were taught to confess our sins and ask for help for our friends in need, but consider taking time to listen to God.

**What makes listening prayer different?** Unlike a prayer in which we give God our list of requests like a letter to Santa, listening prayer is one by which we listen to God with our heart and allow God to speak to us, thereby directing us in the way we should go. It helps us know what God's will is for us. It is an awareness that is cultivated within us that puts us in tune with what God is saying to us and doing for us in our lives.

**How do I pray a "listening" prayer?** A listening prayer isn't the kind of prayer that one can memorize and repeat. A listening prayer is a process. It's more like a conversation that you would have with a friend - a give and take process; we give ourselves and our attention to God, and we take His guidance for our lives.

**When should I practice listening prayer?** When your prayers run dry. When you or a friend are faced with a decision. When options are unclear. When a "need" list is overwhelming.

### Okay, but how do I do it?

Seek a quiet environment. Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen."

Ask your Heavenly Father to clear the clutter from your mind and help you focus on His Word.

Open your Bible to whatever reading you have at hand and really listen to it. Reread it several times, then, be still for a few moments and pray. Rearrange the letters in LISTEN and you get SILENT. Be silent and let God speak to you and you will begin to hear Him as never before.

Journal your thought process to pull together the promptings God has given you.

Test the spirit you are listening to. Does it agree with other passages of Scripture? Does it bring peace from God? Is it pointing you to our model Jesus? Share it with a faith partner or your small group for confirmation.