



Quieting Your Soul to Hear With your Heart

Exercise #1

- Be still and quiet any distracting thoughts.
 - Pray quietly for peace, stillness, and rest.
 - Speak the name of Jesus softly until internal thoughts are relaxed.
- What is the Lord saying to you?
 - Initially only write key words and phrases.
 - Turn the thoughts into full sentences.
 - Arrange the sentences into a coherent order.
 - Write yourself a letter as though from God.

Exercise #2

- What would you like to say to the Lord?
- Initially write down only key words and phrases.
- Arrange the sentences into a coherent order.
- Write a letter to the Lord expressing both thanksgiving and prayer.

Exercise #3

- Think of a friend who may be struggling.
- Write an encouraging note including scripture.
- Deliver it to them.

Exercise #4

- Think of three people in your life at this time including:
 - A person you do not know well.
 - A person you find it difficult to relate to.
 - A person you are very familiar with, and want to take the relationship to a new depth.
- From the place close to the heart of God, ask for wisdom to see each person the way God sees them.
- Write a card to each of them providing specific encouragement as you declare to them how God sees them.