



Check In

Connect with God honestly about where you are at



Reflect

"Review until" something pops to talk to God about



Share

Talk with God & others about what is now on your heart to do

Mutual Discipleship

Week 3 - Listening to God

The rhythm of listening to impressions from God

Check-In

God is glad to connect with you. He wants to hear about how you are doing. Take a moment to notice your primary emotion of the day as a way to help yourself be fully present. Consider whether you are primarily sad, angry, scared, happy, tender, etc. Share with God that emotion. What are you thankful for? How does he feel about you?

Reflect

Spend some time with the biblical texts and the resources below. Feel free to do so until something, in particular, pops out to you; you do not need to get through everything. What is your reaction to what you've just been exposed to? What encourages, challenges, or confuses you?

Watch "[Does God Still Speak?](#)" by John Eldredge

[John 10:27](#): My sheep listen to my voice; I know them, and they follow me.

[John 16:12-15](#): I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.

Dive deeper into "Listening to God" by using the [Joyful Journey - Immanuel Journaling](#) steps by LifeModel Works

Share

Be quiet for 3 minutes. What do you sense God is saying to you? How will you pursue being faithful with that this week?

The community is blessed when we share out of our life experiences, gifting, time with God, and reflection on scripture. We believe everyone contributes to teaching. What insight, question, or experience do you want to share with us?

Practice

In addition to checking in with your mutual discipleship partner, this week begin practicing listening to God as well. Try on of these possible methods during your time together:

- Ask each other, "What are you sensing from the Lord today?"
- Take two min of silence and ask God a simple question, like "How do you feel about being with us?" SIFT your thoughts "listening" for spontaneous Sensations, Images, Feelings, or Thoughts that appear. Write down anything you notice, even if it seems strange. Share with each other and discern if it sounds like God, if it is congruent with Scripture, and if it moved you more toward love and peace emotionally.
- Read a Bible passage and pay attention to words that stand out to you, images that come to you, and feelings that emerge. Share with each other.