

Frequency: Learning to Hear from God

John 10:27 NIrV

DAY
1

Be Still and Listen

When you are quiet, you can listen better. God says: “Be still and know that I am God” (Psalm 46:10 NIrV). When your body is calm and your heart is quiet, you can listen for God. He loves to speak to you.

Jump up and down and count to five out loud. Now, sit still and count to five quietly or in your head. Did you notice how you were moving and then were still? Did you notice how you were making noise and then you were quiet?

LOOK for moments when you can be still and listen for God.

DAY
2

Hearing from God

Hearing from God doesn't necessarily mean you will hear His voice the same way you hear someone speaking out loud. It can happen in different ways—when you pray, practice being quiet, read the Bible, or even hear others talk about God.

Draw one way to connect with God here:

KNOW that when you pray, read the Bible, talk, or take time to be still, you can hear from God.

DAY
3

Practice Listening

Play a game of Simon Says. One person will call out simple instructions, such as “Touch your toes.” Then, everyone else follows the commands, but only if the leader says “Simon Says.” Listen carefully to whoever is leading the game. Pay attention to what they say and what they don't say. When you truly listen to the leader, you're more likely to succeed in the game. In the same way, listening to God will help you in life.

ASK God to help you hear His voice.

DAY
4

God Will Guide Me

God promises to guide you. The Bible says: You will hear your Teacher's voice behind you. You will hear it whether you turn to the right or the left. It will say, “Here is the path I want you to take. So walk on it” (Isaiah 30:21 NIrV). God helps you know what is right. God is always guiding you.

PRAY: “Dear God, thank You for speaking to me. Help me listen and follow You every day. In Jesus' name. Amen.”

THANK God for guiding you.



I can hear from God.

There's More! —>

I can hear from God!

Color ways that God speaks to you.

