

## Hearing God Internally

### Exercise 1

Quiet yourself before Father God...speak praises to Jesus...then, ask the Holy Spirit to reveal where your self-focus has inhibited your ability to even want to receive and give strength, encouragement, and comfort. Write what you hear below:

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**TIP:** God submits to the protocols we're teaching—*He wrote them*—so if what you hear is strengthening, encouraging, and comforting, you can be confident it's Him.

### Exercise 2

Considering whatever Holy Spirit reveals to you in Exercise 1, take time to honestly evaluate your thinking and beliefs...trace back how you came to believe and place importance on what Holy Spirit revealed...write your reflections below.

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### Exercise 3

Now, ask God to forgive you for partnering with self-focus. Ask Him what truth about your spiritual giftings He wants to share with you now...and write it below.

**TIP:** This is how you practice training your senses to discern what is good and what is evil (Hebrews 5:4). **We encourage you not to edit or question what you hear or sense.**

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