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## Receiving Communication from God

### Exercise 1

Quiet yourself before Father God...speak praises to Jesus...then, ask the Holy Spirit to reveal to you a lie you are consciously or unconsciously harboring in your mind about Him communicating directly with you by the Spirit, and/or your ability to receive His communication. Write what you hear below:

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**TIPS:** (1) If you sense any condemnation as you listen, *that is not the voice of God...* “flush it” and repeat the question. (2) Write the **first thoughts** that come to mind and **resist the urge to edit**. The Bible (Hebrews 5:4) says we train our senses through constant practice.

### 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 what Holy Spirit revealed...write your reflections below.

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### Exercise 3

Now, begin to cooperate with God to change your mind toward confidence in knowing His Voice. Ask Him to forgive you for partnering with the lie(s) He revealed in Exercise 1. Then, ask Him what truth He wants to share with you now...and write it below.

**TIP:** Again, this practice trains your senses to discern what is good and what is evil. Resist doubt and the urge to edit what enters your mind.

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