

Frequency: Learning to Hear from God

John 10:27 Nlrv

DAY
1

God Wants Me to Ask

God loves when you talk to Him. You can ask Him anything! God says: "Call out to me. I will answer you" (Jeremiah 33:3 Nlrv). When you ask God to speak, you are showing that you trust Him. He is always ready to listen and speak to your heart.

Write or draw one thing you want to ask God.

LOOK for times you can talk to God today.

DAY
2

I Can Listen to God

Have you ever tried to listen really, really carefully? Maybe for a bird chirping or someone whispering? God talks to us too, but God often speaks in a quiet way to our hearts. So we have to be still and listen with our hearts. God says: "Be still and know that I am God" (Psalm 46:10 Nlrv). Being still helps you hear Him better.

KNOW that you can listen for God's voice.

DAY
3

God Helps Me Hear

Sometimes it can feel hard to know if God is speaking. That's okay! God can help you understand. The Bible says: If any of you needs wisdom, you should ask God for it. He will give it to you (James 1:5 Nlrv). You can always ask Him for help.

With a trusted adult, build a special fort. Add blankets, pillows, and a plush animal. Then, go inside and pray: "God, please speak to me. Show me the right thing to do." Sit quietly in your fort for a few seconds and listen together.

ASK God to help you hear His voice.

DAY
4

Thank You for Speaking

Guess what? God loves you! God wants to spend time with you and guide you every day. When you ask Him to speak and take time to listen, you grow closer to Him. He is always near and always ready to help you. So take time to stop and say, "Hi, God!"

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

I can ask God to speak to me.

I can ask God to speak to me!

In the space below, draw what you want to ask God.

SPEAK, LORD.
I'M LISTENING.

