

Frequency: Learning to Hear from God

John 10:27 NIV

DAY 1

Speak, I'm Listening

Read Psalm 5:3

When you watch movies or shows, is there always non-stop drama and action the entire time? Most likely not. Even in an action movie, it still gets a little quiet at times, or the story gets a little slow. Even in life, we might have a lot happen, and then a pause ... and then something else happens! And then a pause ...

How do you handle the pauses? Joseph had a huge pause. He was in prison for something he didn't even do! But he had to wait and trust God. Eventually, more action came!

A verse in the book of Psalms says: I wait for you in hope (Psalm 5:3 NIV). We aren't supposed to sit around and do nothing, even in the waiting. We wait in hope. That's doing something.



Activity:

Look at this squiggly line—it has ups and downs, just like life. There's action, and there are pauses. But in the middle of it all, God is still working!



DAY 2

Ask and Listen

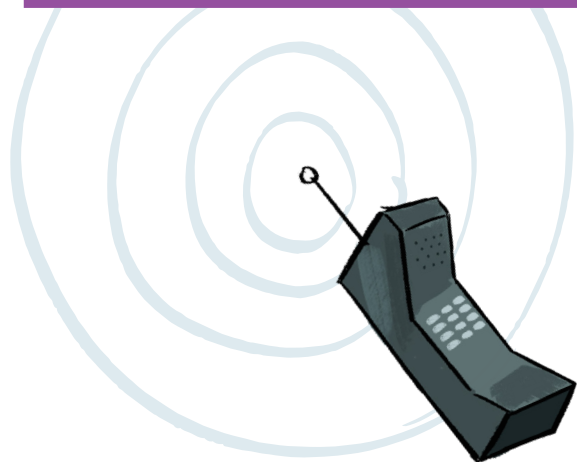
Read Jeremiah 29:12

God listens when you talk to Him. He also wants you to listen when He speaks. Prayer isn't just talking—it's talking and listening. When you pray, you can ask God questions. You can say: "God, what do You want me to know?" or "What should I do?" After you ask, pause. Take a quiet moment. You might notice a thought that reminds you to be kind. You might remember a Bible verse. These can be ways God speaks. God's voice is always loving and wise. He helps you make good choices. You don't have to rush. Listening takes time and practice.



At-Home Activity:

Tonight, pray with a trusted adult. Each of you ask God one question. Then, sit quietly for a minute, and share what you think God might be saying.



DAY 3

Learning His Voice

Read 1 Samuel 3:1-14

Samuel didn't recognize God's voice at first. He thought someone else was calling him. But over time, he learned to listen and understand. You can learn to hear God's voice too. It takes time. It takes practice. Just like you learn a friend's voice, you learn God's voice by spending time with Him. You can spend time with God by reading the Bible, praying, and being quiet so you can listen. Each time you do, you grow more familiar with Him.

Reflection:

When is a good time in your day to listen for God? What is one step you can take to practice listening this week?



DAY 4

Ready to Hear

Read John 10:27

In the Bible, people are often described as sheep. Sheep need a shepherd to know where to go. They listen to the shepherd's voice and follow him. Jesus described Himself as our Good Shepherd. We just have to listen to His voice.

How do we do that?

He speaks to us through the Bible.

He speaks to us through the Holy Spirit whom He puts in us when we're saved.

He speaks to us through others.

He speaks to us through the world He created.

Next time you read a Bible verse that makes you feel something in your heart—that's God speaking to you.

Prayer:

"Dear God, thank You for speaking to me. Help me listen carefully and trust Your voice. Show me the right way to go. Give me the courage to follow what You say. I want to hear You and obey You every day. In Jesus' name. Amen."

**I can ask God to
speak to me.**