

Frequency: Learning to Hear from God

John 10:27 NlrV

DAY 1: REVIEW

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: ASK GOD TO SPEAK

Read Jeremiah 33:3 NlrV

God wants to talk with you. That might feel surprising, but it's true. You don't have to guess if God cares about you. He does, and He wants you to hear from Him. One way to start is simple. Just ask. You can say: "God, speak to me. I'm listening." Then, take a moment to be quiet.

When you ask God to speak, you may begin to notice thoughts that line up with what is true and good. You may notice someone who needs help or encouragement. That could be God guiding you. You don't have to wait for something big. Start by asking and then paying attention.

Write a short prayer: God, speak to me about :

DAY 3: LISTEN WITH YOUR HEART

Read Proverbs 3:5–6 NlrV

Maybe you wish God would just speak out loud and tell you exactly what to do. But most of the time, God speaks in quieter ways. He guides your thoughts and helps you know what is right. The Bible says to trust in the Lord with all your heart and not depend on your own understanding (Proverbs 3:5 NLT). That means you don't have to figure everything out on your own. You can trust that God is leading you, even when you aren't completely sure what to do. When a thought is kind, helpful, and lines up with what God says in the Bible, it may be God guiding you. You might feel like you should include someone, help someone, or say something encouraging. That's your moment to trust Him and act. God is showing you the right path. Your job is to trust Him and take the next step..

Finish this sentence: I think God is leading me to

DAY 4: CHECK WHAT YOU HEAR

Read 1 John 4:1 NlrV

Not every thought you have is from God. That's why it's important to check what you hear. God will never tell you to do something unkind or wrong.

If you aren't sure, you can ask a trusted adult who follows God. You can also think about what the Bible says. Does it

Learning to hear God takes practice. You don't get it perfect every time, and that's okay. Keep asking. Keep listening. When you're sure something is from God, take action.

Ask a trusted Jesus follower how they know when God is speaking to them.

Read Isaiah 6:8 NlrV

When God speaks, you have a choice. You can ignore it, or you can say, “Yes.” Saying “yes” means you’re ready to do what God shows you. You might feel nervous or unsure. That’s normal. But you don’t have to have everything figured out. You just need to take one step. When you say yes to God, you begin to notice more needs around you. You start helping, encouraging, and showing love in real ways. That is how you grow.

Pray: “God, help me listen when You speak. Give me the courage to say yes and act right away. Use me to be a light in this world and show Your love wherever I go. In Jesus’ name. Amen.”

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What are you going to ask God to speak to you about

[illegible]