

WHERE TO START IN LISTENING PRAYER?

(These listening prayer exercises referenced in the Kelsey Phillips podcast interview are used for NOVO Spiritual Authority Cohort Courses and adapted from [Can You Hear Me?](#) by Brad Jersak.)

Exercise #1: THE MEETING PLACE

We know as believers God lives in our hearts and desires intimacy with us. Finding a meeting place with God (physical, historical, or spiritual) is simply a place where we meet with Jesus to behold and be held.

1. Create some time/space with the posture of receiving.
2. Invite the peace of God to enter your heart and mind.
3. Ask the Lord if there is a place He would like to meet you? See what comes to mind. This can be a place familiar to you, a safe place for you, somewhere you have actually been, or a scriptural place like green pastures or still waters in Psalm 23.
 - a. Ask Him to show you details about this place.
 - b. Ask Him why this place?
 - c. Ask Him if there is something He wants to tell you or show you?
 - d. Write down any impressions, thoughts, words, or pictures that come to mind.

Exercise #2: FRIENDSHIP QUESTIONS

In any relationship, the conversation usually goes two ways. In this exercise, ask God some questions and write down any impressions, thoughts, words, or pictures that come to mind as you work through them. Remember, you are a follower of Jesus and the Holy Spirit lives inside you – what you hear from Him will be warm, gentle, loving, and patient.

1. What do you like about me? Why?
2. What do you see when you look at me?
3. What brings you pleasure about me and us?
4. Am I carrying anything I shouldn't be?
5. What desires do you have for our relationship (interact with Him on this).
6. Jesus, what are you inviting me to?
7. How do you want me to join you?
8. Do you have a word or a picture for me to hold into in this season?
9. When was the last time you wept over me? Why?
10. When was the last time you laughed over me?
11. If you could meet me anywhere face to face, where would it be?
12. If my heart is your home, what does that look like?
13. If you could play a game with me, what would it be?
14. What is grieving you these days?
15. What is exciting you these days?

Helpful Listening Prayer Resources:

[Hearing God: Developing a Conversational Relationship with God](#) by Dallas Willard

[The Joy of Listening to God: Hearing the Many Ways God Speaks to Us](#) by Joyce Huggett

[Whispers: How to Hear the Voice of God](#) by Mark Batterson