

Begin your journey of hearing from God

Hearing from God starts with stopping to listen. It is a skill you build in the quiet, everyday moments, like training for a marathon long before race day. This journal walks you through the same four steps each day for a week. Pick one time each day, even just five minutes, put the phone down, and work through P.R.A.Y.

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- P** **Pause**
Take a few minutes to simply slow down. This is a conscious decision to draw near to God as He draws near to you, and to become aware that He is present in everything happening in your life, and that He cares for you.
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- R** **Read & Reflect**
Read a short passage from one of the biographies of Jesus, slowly. Read it three times: first to get the sense of it, then to notice what stands out, then imagining you are one of the people in the story. Then sit with it for a moment.
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- A** **Ask**
This is your part in the conversation. Pray and ask God for the things that are on your heart. Pausing, reading and reflecting gave God room to speak; now you speak back.
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- Y** **Yield**
Like the pause at the start, but now with a fuller awareness of God's presence. Think of an old couple content in silence on a park bench. Rest there for a moment before stepping back into the noise of life.

A note as you start: it may feel awkward at first, and that is completely normal. We are learning to hear God's voice where it is easiest, so that over time we learn to hear Him everywhere else.

Day 1

READ & REFLECT
1 Samuel 3:1-10

Samuel learns to say, "Speak, your servant is listening."

P **Pause**

Sit in silence for a minute or two. When you are ready, note how you arrive today.

R **Read & Reflect**

Read the passage three times, slowly. Write what stood out and what God may be saying.

A **Ask**

Bring to God what is on your heart today.

Y **Yield**

Rest in stillness for a moment. Note anything you want to carry with you.

Day 2

Early in the morning, Jesus goes off to a solitary place to pray.

P Pause

Sit in silence for a minute or two. When you are ready, note how you arrive today.

R Read & Reflect

Read the passage three times, slowly. Write what stood out and what God may be saying.

A Ask

Bring to God what is on your heart today.

Y Yield

Rest in stillness for a moment. Note anything you want to carry with you.

Day 3

READ & REFLECT

Luke 5:15-16

Even with crowds pressing in, Jesus withdraws to be alone with God.

P **Pause**

Sit in silence for a minute or two. When you are ready, note how you arrive today.

R **Read & Reflect**

Read the passage three times, slowly. Write what stood out and what God may be saying.

A **Ask**

Bring to God what is on your heart today.

Y **Yield**

Rest in stillness for a moment. Note anything you want to carry with you.

Day 4

READ & REFLECT

Psalm 46

"Be still, and know that I am God."

P Pause

Sit in silence for a minute or two. When you are ready, note how you arrive today.

R Read & Reflect

Read the passage three times, slowly. Write what stood out and what God may be saying.

A Ask

Bring to God what is on your heart today.

Y Yield

Rest in stillness for a moment. Note anything you want to carry with you.

Day 5

READ & REFLECT

Mark 4:35-41

Jesus speaks peace into a storm.

P **Pause**

Sit in silence for a minute or two. When you are ready, note how you arrive today.

R **Read & Reflect**

Read the passage three times, slowly. Write what stood out and what God may be saying.

A **Ask**

Bring to God what is on your heart today.

Y **Yield**

Rest in stillness for a moment. Note anything you want to carry with you.

Day 6

READ & REFLECT

Luke 24:13-34

Two travellers realise God was walking with them all along.

P **Pause**

Sit in silence for a minute or two. When you are ready, note how you arrive today.

R **Read & Reflect**

Read the passage three times, slowly. Write what stood out and what God may be saying.

A **Ask**

Bring to God what is on your heart today.

Y **Yield**

Rest in stillness for a moment. Note anything you want to carry with you.

Day 7

READ & REFLECT

Mark 10:46-52

Jesus asks, "What do you want me to do for you?"

P **Pause**

Sit in silence for a minute or two. When you are ready, note how you arrive today.

R **Read & Reflect**

Read the passage three times, slowly. Write what stood out and what God may be saying.

A **Ask**

Bring to God what is on your heart today.

Y **Yield**

Rest in stillness for a moment. Note anything you want to carry with you.
