

A 5-minute daily rhythm for hearing from God

Hearing from God starts with stopping to listen. Like training for a marathon, you build the habit in the quiet, everyday moments, so it is there for you when life gets loud. Pick one time each day this week and walk through these four steps. The whole thing can take as little as five minutes.

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.

Try: Sit in silence for one or two minutes. No phone, no agenda. Just quiet.

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.

Try: What stood out to you? What might God be saying through it?

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.

Try: What do you want to bring to God today?

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.

Try: Sit in stillness. Let your heart settle before you go.