



FOUNDATIONS: LOVE GOD *WORK IT OUT*

LESSON 7: HOW CAN I HEAR GOD'S VOICE?

QUESTIONS

If you are working out these questions on your own, consider writing down or journaling your thoughts and answers to these questions. If you are working out these questions in a group, share specific and real examples of your experiences.

1. Consider the intake/noise that you experience each day. What sort of 'societal detox' do you need to consider and pursue?
2. How might the practice of solitude and silence affect your day-to-day life?
3. How could the practices of silence and solitude increase your ability to hear or experience God's voice? Are there any specific situations where you find yourself inhibited in your ability to lean in and listen to God?
4. What practical steps can you take this week to create space for solitude and silence?

NEXT STEPS

Check out the other Foundations Course videos!

Individuals: Find a quiet place free of distractions; invite God into this time, and then set a timer on your phone for five minutes, putting it on Do Not Disturb mode. Sit in that silence with God, and allow Him to choose the agenda for this time together. Reflect on that experience. What did you notice? Journal through the highs and the lows of this experience.

Groups (2+): Consider adopting a rhythm of creating space for silence and solitude for the next 40 days. Journal through these experiences, paying particular attention to how you experience God differently through this. Create strategies for encouragement and accountability then share with your group after these 40 days; for those who practiced this, how did they experience God through this?