



21 DAYS OF
listening to God's voice

AUDIO PRAYER GUIDE

DAVID THÉRY

PREFACE BY **ÉRIC CÉLÉRIER**
AUDIO RECORDINGS BY **GRANT FISHBOOK**

Preface by Éric Célérier

I highly recommend the audio guide, "21 Days of Listening to God's Voice." I really appreciate its content as well as its format. For a little background, when I was visiting the island of Réunion, I personally challenged David Théry to create this guide. I myself had developed an audio guide called "21 Days through the Lord's Prayer," and I know from experience how much this has helped thousands of people grow in their relationships with the Lord. So I told David, "It would be amazing if you could make a guide to help God's children hear His voice. It would bless them so much!"

Just consider this!

We have the Bible today because men and women heard God's voice.

King David composed some of the most beautiful Psalms in the Bible because he heard God's voice.

Our lives can be enriched by the wisdom of the Proverbs because Solomon heard God's voice.

The people of Israel received the 10 Commandments because Moses heard God's voice.

Mary knew she was going to bring the Savior into the world because she heard God's voice.

The voice of God also led Noah to build an ark, Abraham to have a son, Joshua to conquer the Promised Land, Deborah and Gideon to drive back Israel's enemies. And the examples could go on and on...

And what about the prophets who spoke on behalf of God? They had to hear God's voice first.

Yes, God speaks!

[Job 33:14](#) says, "For God may speak in one way, or in another, yet man does not perceive it."

Imagine what would happen if you could discern God's voice...

The Lord would guide your choices,

He would show you the way to go,

He would comfort you when you need it...

He would give you wisdom in any given situation...

Yes, God speaks in many ways, but in every case, hearing His voice is extraordinary.

That's what this audio guide, created by Pastor David Théry, offers us. David has already written about this subject. He's the author of the excellent French book *À l'écoute de Dieu* (meaning "Listening to God" in English). Not only has he developed this spiritual acuity, but he teaches it to others. Thousands of people have been blessed by his teachings.

This audio guide is different than a book or a course. It's a bit like David is taking you by the hand and saying, "I know that it seems complicated to hear God's voice. I'm going to guide you, one day at a time."

So, for 21 days, you won't be inundated by theories. Instead, you're going to practice actively listening to God and, little by little, develop your spiritual ears.

As [Isaiah 50:4](#) says, "...He awakens Me morning by morning, He awakens My ear to hear as the learned."

You're about to enter a new dimension of your spiritual life. Your life is truly going to change!

A big thank you to David for accepting this challenge. I know from experience that it's a big job to create a guide like this. But in 21 days, you can really help someone create a new "habit" and even a new way of experiencing his/her relationship with God.

I pray your journey is blessed and rejoice in advance for what the Lord is going to do in your life through this guide, "21 Days of Listening to God's Voice."

Eric Célérier

Founder of TopChrétien and Jesus.net,
Founder of *A Miracle Every Day*

Introduction

Dear friend,

I'm happy that you have decided to learn how to recognize the voice of God. This is the beginning of a new season in your spiritual life.

Many people who listen to my videos or read my book start to hear God's voice very quickly. For others, listening develops gradually as they read. For still others, there seem to be blockages that eventually are removed through perseverance. Sylvie, my wife, began to hear God very quickly. For me, it took much longer, and my journey lasted several months.

The goal of this training is to accompany you step by step along the path of intimacy with God, to help you overcome the different obstacles you may encounter so that you can fully experience God's voice.

You may start hearing God from the very beginning of this training.

Since I can't share everything in one session, I recommend that you go all the way to the end without getting discouraged or putting pressure on yourself. Don't get stuck because you can't seem to do one of the suggested exercises.

Throughout this training, I've integrated testimonies of men and women from around the world who started to hear God after listening to these teachings. These testimonies have several purposes:

The first is to inspire you, to stir up faith in your heart. Perhaps you'll recognize yourself in one of these testimonies.

The second is to give you a glimpse of what hearing God's voice might be like.

The third is that these revelations, because they're biblical, are valid for you as well and will instruct you with fresh, new clarity about God's nature.

Each session lasts 15 minutes. That being said, know that one of the most precious things you can offer God is your time. To learn to hear God's voice is to develop an intimate relationship with the Holy Spirit. Like any relationship, it takes time. So I invite you to continue spending time in God's presence after each session or later in the day.

Hearing God's voice is one of the most precious things that's reserved for His children—that's why the enemy will do everything to try to discourage you.

So I want to assure you that God wants to speak to you, even more than you want to hear Him. He's the one waiting for you!

No matter what obstacle may slow your progress, you are not disqualified.

I invite you to keep a journal and write down what you receive during this time. Writing what we receive from God is very important. It's a way to honor Him, demonstrate our faith, and express the importance that we attribute to His words.

Although prophets hear the voice of God, this training isn't a training for prophets. It is for all of God's children.

When He speaks, God may give us directions, prophetic words, but the first thing He does is reveal Himself to us and speak to us about our relationship with Him. That's why you shouldn't be anxious about making mistakes—because you'll be able to verify in the Bible if what God has said about you or about Him is truly biblical.

Sometimes those who say they hear voices are called crazy, but all the people in the Bible heard God speak to them. Hearing God's voice is a spiritual experience that requires faith. You have to believe simply, like a child, that this invisible God who is the Creator of the universe dwells in you by His Spirit and wants to have a personal conversation with you.

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

[Revelation 3:20](#) (NKJV)

It's likely that your logic and reason are opposed to this spiritual experience; rest assured, I'm going to support what I teach you with the Bible. But if you believe that a God-man was crucified for your sins 2,000 years ago, that He is risen from the dead, that He gives you eternal life, and that He is seated at the right hand of God, your faith is already great enough to believe that He wants to communicate with you!

You're going to experience new things with God during this training and even afterwards. These are things that God has planned for you that He's gradually revealing to you by His Spirit.

But as it is written: "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him." But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God. For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God. These things we also speak, not in words which man's wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual. But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.

[1 Corinthians 2:9-14](#)

The Holy Spirit will bear witness to your spirit that you're on the right path, even if you don't have all the Bible references yet, just like He gave you the assurance of salvation when you were born again before you fully understood the magnitude of salvation.

God won't wait until I'm done speaking to touch you. My role is only to direct you to Him with a new perspective.

You may have visions or experience certain feelings during or after your times with God, which is normal. We'll talk about this again in the upcoming sessions. Simply write what you're experiencing in your journal.

I invite you to pray with me:

Father, I'm thirsty for a greater closeness with You, and I rejoice because this is what You desire, too. Jesus, You reconciled me to the Father so that we could experience communion; I thirst for Your living waters. Holy Spirit, lead me into the depths of God. I surrender myself to You. In Jesus' name, amen.

Are you ready to begin?

David Théry

Table of Contents

Preface by Éric Célérier

Introduction

Day 1: Jesus is so close to your heart

Day 2: Don't be afraid

Day 3: Jesus wants to quench your thirst

Day 4: God can speak directly to your heart

Day 5: Believe that the Holy Spirit wants to speak to you

Day 6: Remain in silence and wait for Him

Day 7: God speaks to your spirit—your mind must submit to Him

Day 8: Learning to recognize His voice: Part 1

Day 9: Learning to recognize His voice: Part 2

Day 10: Listening to God so you don't follow the enemy

Day 11: Speaking in tongues to activate your spirit

Day 12: Come into the Father's arms

Day 13: Feel the Father's love

Day 14: Treasure what you receive

Day 15: Stay a little longer

Day 16: Look with your spiritual eyes

Day 17: Listen to God at night

Day 18: Observe the fruit and persevere

Day 19: His Word is your security

Day 20: Living a Spirit-led life

Day 21: Knowing people in the Spirit

Conclusion

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

[Matthew 6:6](#)

Day 1

Jesus is so close to your heart

[Click here to listen to the audio](#)

Hello my friend,

Welcome to this prayer journey to hear God. I believe that your communication with your Heavenly Father will help you grow and that you'll be transformed by it.

May I pray for you right now?

Father, I pray that You would come and reveal Yourself to my friend in a really special way today. I pray that You would open his/her spiritual eyes and ears so that he/she discovers You more intimately. In Jesus' name, amen.

I invite you to make yourself comfortable and give 100% of your attention to Jesus for the next 15 minutes.

If you're listening to the audio, you can close your eyes and let the sound of my voice guide you if you'd like. Smile, breathe deeply...Jesus is here, so close to you.

Take a few moments to focus on His love for you.

[SELAH]

Jesus said, "I will draw all peoples to Myself." ([John 12:32](#))

If you're reading this e-book or listening to the audio, it's because Jesus has successfully drawn you to Himself. Sometimes Christians feel disqualified to hear God, but they've already heard Him, just without realizing it.

How about you, my friend? How was God able to draw your attention?

I invite you to take two minutes now to remember all the times Jesus has beckoned you. Maybe in a meeting, something you read, a song, a verse, a dream, a vision, or a manifestation of His presence in your heart...

[SELAH]

Do you see now that God is **already** communicating with you?

The goal of this training is for you to hear God more regularly as you become more attentive to what He's saying to you.

The first benefit you'll receive from listening to God is that you'll get to know Him **more intimately**.

It's a bit like the difference between reading a recipe and tasting the cooked dish. The experience is truly different.

Do you thirst to grow in intimacy with God, my friend?

If this is your desire, you'll need to free yourself from the false conceptions that may be preventing you from drinking from the living waters that Jesus has placed within you.

On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.

[John 7:37-39](#)

In this text, Jesus is announcing in advance what will be available for each of His children. Yes, for you, too, my friend!

Because He placed His Spirit in you, you can simply drink from this river of living water that's springing up from your heart.

This river has **already been inside of you** since you were born again.

Jesus says that this river **flows**.

There's no effort involved if you only have to drink from it!

A newborn baby knows how to drink from the very first minutes of life outside of his/her mother's womb. It's the first thing a baby knows how to do after breathing!

All of the arguments that disqualify you are therefore lies!

You are a child of God, and you can drink from the Holy Spirit's river of life within you.

So you have to understand, first of all, that listening to God doesn't mean emptying yourself to listen to an external voice coming from the depths of space.

Listening to God is focusing on the Holy Spirit within you and welcoming by faith (drinking) what He shares with you.

Paolo, who lives in Réunion, shared a testimony about this:

*At the beginning of my journey of learning to listen to the Lord, **I was expecting a thought, a voice from "On High" and from outside of my body.***

The first listening sessions were long, even boring...

My thoughts eventually became restless, and I got discouraged from trying.

***The turning point** came when I realized that the Lord was living in me and that His thoughts were being expressed within me.*

*From that moment on, the Lord really encouraged me with **words of love, reassuring me and insisting that I shouldn't be afraid.***

Paolo

My friend, Jesus is so close to you. I invite you to take out your journal and write this question:

“Father, how do You love me?”

Then, focus on His presence in you and simply drink from the river within. Afterwards, write down the spontaneous thoughts that spring up or the images that come to your mind.

I'll leave you with Jesus.

[SELAH]

See you tomorrow!

If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!

[Luke 11:11-13](#)

Day 2

Don't be afraid

[Click here to listen to the audio](#)

Hello, dear friend,

Congratulations, it's your 2nd day!

May I pray for you right now?

Heavenly Father, I pray for my friend, that You would free him/her from every fear about You. May Your love bring comfort and security to Your child. In Jesus' name, amen.

I invite you to make yourself comfortable and give 100% of your attention to Jesus for the next 15 minutes.

If you're listening to the audio, you can close your eyes and let the sound of my voice guide you if you'd like. Smile and breathe deeply. Don't be afraid...God has good things for you today.

Take a few moments to remember God's grace in your life. Think about all the blessings that you didn't deserve but He gave you anyways. Thank Him for His grace.

[SELAH]

My friend, did God speak to you yesterday?

Did a verse, a thought, or an image stand out to you?

Did you experience His love in your heart?

Did you tear up perhaps?

I encourage you to treasure these experiences—it's the beginning of a new season in your spiritual life!

I want to reassure you right away if you didn't hear anything yesterday.

Personally speaking, the first time I did this exercise, I was so stressed that I didn't hear anything at all!

So many thoughts were racing through my mind:

Does God want to speak to me?

What is He going to tell me?

What if I don't like what He tells me?

What if I don't hear Him? Does that mean I have a problem?

My thoughts were completely smothering my mind and preventing me from receiving what God wanted to say to me.

This stress surprised me because God had already spoken to me in several different ways: when I read the Bible, sometimes verses would hit me, speak to my heart.

All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.

[2 Timothy 3:16-17](#)

I could also feel my heart beating faster when I heard certain sermons.

... The words that I speak to you are spirit, and they are life.

[John 6:63](#)

On several occasions, I had made important decisions because I had a deep and intimate conviction, as if a pathway had been laid out in my heart.

Blessed and greatly favored is the man whose strength is in You, in whose heart are the highways to Zion.

[Psalms 84:5](#) (AMP)

My friend, has God ever spoken to you in any of these ways? Take a moment to think back and thank Him.

[SELAH]

Personally, hearing God speak to me directly as He did to those in the Bible intimidated me.

What about you, my friend? What are your fears when it comes to hearing God?

Take a few moments to write them honestly in your journal. I believe that by the end of this prayer journey, those fears will have disappeared!

[SELAH]

While reading the Bible, I was struck by a paradox: God seeks to speak to His children through all means, and yet, many people in the Bible were afraid of God when He spoke to them!

For example, when Adam heard God's voice in the garden, he hid because he was ashamed of his disobedience. He was afraid of being punished.

And they heard the sound of the LORD God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden. Then the LORD God called to Adam and said to him, "Where are you?" So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself."

[Genesis 3:8-10](#)

As for the Hebrews, when they were at the base of Mount Sinai, they thought they were going to die for hearing God. They were so terrified that they asked Moses to act as their mediator. They feared the manifest presence of God.

Now all the people witnessed the thunderings, the lightning flashes, the sound of the trumpet, and the mountain smoking; and when the people saw it, they trembled and stood afar off. Then they said to Moses, "You speak with us, and we will hear; but let not God speak with us, lest we die."

[Exodus 20:18-19](#)

Samson's father, too, was afraid of dying because he had seen the Angel of the Lord announce the birth of his son. He had a wrong image of God.

When the Angel of the LORD appeared no more to Manoah and his wife, then Manoah knew that He was the Angel of the LORD. And Manoah said to his wife, "We shall surely die, because we have seen God!" But his wife said to him, "If the LORD had desired to kill us, He would not have accepted a burnt offering and a grain offering from our hands, nor would He have shown us all these things, nor would He have told us such things as these at this time."

[Judges 13:21-23](#)

His wife brought him back to his senses by telling him that God wouldn't have announced this good news to then kill them!

The reason we have these fears is that we hear God's voice on an emotional level, in the deepest part of our beings, and not just with our minds or reason.

It's possible to study a doctrine and maintain a certain distance, but hearing God speak to us in our spirits cannot leave us indifferent.

To hear God's voice is to meet God Himself.

Dear friend, do you see yourself in these people in the Bible? If you were to see Jesus before you, would you run into His arms, or would you hide like Adam?

If God were to bring you right now into His throne room, would you tremble for fear of being judged, or would you draw near to your Heavenly Father?

Jesus came to reconcile us to the Father. He is the One who made propitiation and sacrificed Himself for us.

That is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.

[2 Corinthians 5:19](#)

In everyday language, this means that God is reaching out to you, smiling when He sees you, and that He's eager to do just one thing: hold you tightly to His heart, covering you with His affection.

You can draw near boldly and without fear to the throne of grace, especially to the One seated upon it. Your sins are erased by the blood of Jesus; you are clothed in the holiness of Christ.

Listening to God isn't hearing the verdict of a judge in a court of law but drawing near to the loving Father with Jesus at your side.

I invite you to pray with me:

Heavenly Father, thank You for Jesus' sacrifice for me. I wasn't worthy to approach You, but You sought me out and drew me to You by Your love. Thank You for demonstrating Your love for me while I lived my life far from You. I ask You to forgive me of my sins, and I turn away from them. I renounce my distance from You and submit to Your lordship. I choose to believe in Your goodness, and I thank You, Father, for giving me peace with You. I choose to live in Your intimacy. In Jesus' name, amen.

I invite you now to imagine that you are at the entrance to God's throne room.

[SELAH]

You're in a long corridor filled with angels, armed with swords of fire, who are guarding the entryway.

[SELAH]

As you go forward, they move aside to open the way for you.

[SELAH]

They greet you, saying, "Welcome, beloved child of the Father!"

[SELAH]

As you approach this massive doorway, you realize that your clothes are a radiant white—you are clothed in a wedding garment, in the righteousness of Christ.

[SELAH]

You're now at the door, it opens before you, and an indescribable glory blinds you.

[SELAH]

God is there; He's waiting for you.

You bow down before Him.

[SELAH]

He calls you by your name.

[SELAH]

Now say to Him, "Father, here I am. Thank You for Jesus, who has made a way for me to enter Your presence. How do You see me?"

Stay in His presence, and write down the spontaneous thoughts that come to you or the images you receive in your spirit.

[SELAH]

See you tomorrow!

And the Spirit and the bride say, "Come!" And let him who hears say, "Come!"
And let him who thirsts come. Whoever desires, let him take the water of life
freely.

[Revelation 22:17](#)

Day 3

Jesus wants to quench your thirst

[Click here to listen to the audio](#)

Hello, dear friend,

Congratulations, it's your 3rd day!

May I pray for you right now?

Father, I pray that You would quench my friend's thirst with the river of living waters of Your love. May Your words touch the deepest part of his/her being. In Jesus' name, amen.

I invite you to make yourself comfortable and give 100% of your attention to Jesus for the next 15 minutes.

If you're listening to the audio, you can close your eyes and let the sound of my voice guide you if you'd like.

Are you thirsting for the Holy Spirit today? He wants to quench your thirst!

Take a few moments to express to God in your own words how thirsty you are for Him.

[SELAH]

When Jesus came and taught on Earth, people found that His words were different from those of the scribes and teachers of the law.

Jesus even explained that His words were Spirit and life. ([John 6:63](#))

In other words, they were active in the spiritual and natural realms, they gave life. And here's the reason: Jesus' words came directly from the Father.

Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works.

[John 14:10](#)

What impact did Jesus' words have?

They calmed the storm; cast out demons; and healed the sick, even from a distance. ([Mark 4:39](#), [Mark 1:25](#), [Matthew 8:8](#))

When God speaks, what He says happens. It's fulfilled.

He calls things by name, and they come into existence! He is the Creator. ([Psalms 33:9](#), [1 Timothy 6:13](#))

That is why God's words are powerful and nourishing to us.

But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

[Matthew 4:4](#)

The word "word" used here is the Greek word "Rhema."

It's a living word, and it's for us at a specific time.

Have you noticed that when you read the Bible, some verses speak to you more than others at certain times?

They carry more weight then, even though the other verses in the chapter are just as much the Word of God.

At these times, it seems like our souls are nourished, as if we'd eaten something—we may even feel full. So we need time to digest what we've just read.

I invite you right now to reread some of the verses you've recently underlined in your Bible or think about what God has said to you through His Word. It will kindle your desire to hear God more.

[SELAH]

My friend, God wants to quench your thirst through His words. To quench means "to satiate, to allay thirst." Being thirsty is an essential element for hearing God.

Jesus said, "If anyone thirsts, let him come to Me and drink." ([John 7:37](#))

How can you develop your thirst for God?

First of all, we read His promises carefully, and then we are nourished by testimonies. Testimonies empower our faith to hope in God's promises and to be set into motion. Reading and listening to testimonies is like eating salt—it makes us thirsty!

One day, I was teaching some children about this verse. I had them do a relay race just after they'd eaten bags of salty chips.

They begged me for some water. I was able to show them what the thirst that Jesus wants us to have looks like; it has to become an obsession.

The more intense the thirst, the more we're able to overcome the obstacles preventing our thirst from being quenched.

When my wife heard God's voice for the first time, she wrote several pages in a notebook. It was a conversation saturated with the love and goodness of God.

When I read it, I had tears in my eyes. It's as if God had drawn so close to us, as if I was used to seeing Him on TV and then suddenly, He came into the room.

These several pages stirred in me an intense thirst to hear God myself, too.

Do you know what God said the first time He spoke to me?

He told me something so simple. He said, "David, I love you."

It was such a gentle and sweet thought, and the fact that God called me by my name, in such a personal way, and told me that He loved me overwhelmed me.

At that time, I had been a Christian for several years, preached the Gospel, and had even taken courses at a Bible college.

I could talk about God's love for hours. Yet it took God repeating the same thing in my spirit three days in a row for me to dare to write it down.

I realized that day that there was a difference between what I believed with my head and what I believed with my heart.

But when, by faith, I accepted that it was indeed the Holy Spirit speaking to me, the thought continued in my spirit:

"I've been waiting for this moment a long time. I have many things to tell you."

I then felt my soul being quenched like never before!!

I often liken this experience to someone in the middle of the desert who was licking the condensation off of a bottle of fresh water and suddenly discovered how to drink what was inside the bottle!

Dear friend, do you see the difference between an intellectual knowledge of God and a word from God in your heart?

God's words quench your thirst!

I invite you to pray with me:

Heavenly Father, I thirst for You, for Your love. I pray that You would increase my thirst and reveal Yourself to me right now.

[SELAH]

My friend, since Jesus said that He placed a river in you, why not drink from it?

I invite you to close your eyes and imagine that you're plunging into the river of life that your Father put inside of you.

Don't be afraid...drink this fresh water.

Relax, smile, and then write the following question in your journal:

"Father, what do You want to tell me about Your river that's inside of me?"

Stay focused on the Holy Spirit in you and simply write down by faith what's rising in your heart as a thought, image, or verse.

I'll leave you with Jesus as He quenches your thirst.

[SELAH]

See you tomorrow!

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God ...

[1 Corinthians 6:19](#)

Day 4

God can speak directly to your heart

[Click here to listen to the audio](#)

Hello, dear friend,

Well done, you're on your 4th day!

May I pray for you right now?

Heavenly Father, I pray for my friend, that You would cause him/her to realize just how close You are to him/her. Help my friend to distinguish Your voice in his/her spirit. In Jesus' name, amen.

I invite you to make yourself comfortable and give 100% of your attention to Jesus for the next 15 minutes.

If you're listening to the audio, you can close your eyes and let the sound of my voice guide you if you'd like.

Listening to God is being in a heart-to-heart connection with Him. Listen to your heart; He lives there!

Take a few moments to focus on God's love in you and breathe in His presence.

[SELAH]

When you were born again, the Holy Spirit came to live in you.

That's why you feel wrong when you commit a sin—because the HOLY Spirit lives in you.

You thus feel directly in your heart what He thinks of your actions or words.

You feel His feelings, to the point where you think that they're your feelings.

Even more than that, your spirit is one spirit with the Lord.

But he who is joined to the Lord is one spirit with Him.

[1 Corinthians 6:17](#)

Paul makes this statement in the context of the intimate union between a man and a woman.

That's why when God speaks to you, He doesn't need to use a microphone or send you an angel. He can murmur His words in the intimacy of your heart, so much so that His thoughts are intimately intertwined with yours.

He doesn't need to make an appointment either...He can speak to you at any moment.

It's a bit like those TV hosts who have earpieces and can hear the control room while they're talking to a guest on the set.

Dear friend, have you ever heard His sweet voice inside of you?

[SELAH]

Have you ever felt compelled, in varying degrees, to do something you hadn't anticipated?

[SELAH]

Have you ever had a persistent thought that wouldn't let go of you, even while your mind opposed it?

[SELAH]

People often say, "I thought it was my imagination!"

But it was the Holy Spirit!

Take a moment to remember those "God winks" in your life, and also ask Him to reveal to you the times when you didn't pay attention:

"Holy Spirit, show me when You were speaking to me, and I didn't realize it."

[SELAH]

God can speak to you at any moment, anywhere, whether He has your attention or not, whether you feel like listening to Him or not, and He can do so, even if the enemy is in the midst of talking to you.

Ah yes, that's right—the enemy also speaks to you!

Are you ever tempted? Have impure thoughts? Evil intentions? Insistent thoughts you don't want?

The enemy speaks to you by making it seem like they are your thoughts.

That's why, if you're able to recognize a temptation, you're also able to recognize the voice of your Father.

It's faith that comes into play in both cases.

Faith that you have an enemy and that you must resist him.

Therefore submit to God. Resist the devil and he will flee from you.

[James 4:7](#)

Faith that you have a shepherd who wants to lead you.

My sheep hear My voice, and I know them, and they follow Me.

[John 10:27](#)

The fact that God is so close to your heart means that He even uses your vocabulary.

He may also use your memories, a movie, or a song that you know, a metaphor based on your life activities.

In fact, what good would it do you if He spoke to you in Aramaic?

Since God has come to live in you through His Spirit, you can commune with Him in you. By this, I mean that you don't have to wait for Him to come—He's already there, all the time.

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

[Matthew 6:6](#)

Let's review this before going on.

God speaks to you in your heart, the enemy does as well, and you speak to yourself.

Thus, it's important that you be attentive to what's going on in your heart.

What happens when God reaches out to you with a verse, a sermon, a prayer, or a praise song? Your heart beats harder, you feel the warmth of His love, a peace floods you, perhaps a shiver goes through you...all of this doesn't happen in your brain but **in your heart**.

Do you ever use the expression, "that word touched me"?

[SELAH]

This means that it had an effect **on your heart**, it stirred your emotions. It was more than words decoded by your brain and stored in your memory.

Since God speaks in your heart, I invite you to come and meet Him in you.

As you listen to me, you're positioned in your intellect, your mind. The Holy Spirit is in your heart, or more precisely, in your innermost being.

Jesus said, "He who believes in Me [who adheres to, trusts in, and relies on Me], as the Scripture has said, 'From his innermost being will flow continually rivers of living water.'" ([John 7:38](#), AMP)

Just as you can return to your thoughts after experiencing a strong emotion, you can choose to enter into the Spirit, meeting the Holy Spirit who's in you.

This is what you probably experience in your church after several worship songs.

What's surrounding you fades from your consciousness, and you have thoughts only for Jesus. Despite the people around you, you're in a one-to-one encounter with your Savior.

This is what it means to be "in the Spirit."

I invite you to pray with me:

Father, thank You for putting Your Spirit in me, so close to my heart. Holy Spirit, I come to meet You. You are love, and I dive into Your love for me. I abandon myself in You.

[SELAH]

If you're feeling His love or His peace, simply remain focused, as if you were physically getting so close to a source of heat that you're warmed by it. You don't have to extend any effort...just abandon yourself and dive into His love.

[SELAH]

Now, write this question for Jesus:

"Jesus, what do You want to tell me about my heart?"

Stay in the Spirit and receive what's coming to you in the form of thoughts, images, feelings, and emotions. Then, write it down in your journal.

[SELAH]

See you tomorrow!

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

[Hebrews 11:6](#)

Day 5

Believe that the Holy Spirit wants to speak to you

[Click here to listen to the audio](#)

Hello, my friend,

Congratulations, you're on your 5th day!

May I pray for you right now?

Heavenly Father, the Author of our faith, I ask that You would increase my friend's faith and help him/her believe that it's indeed Your voice speaking in his/her heart. In Jesus' name, amen.

I invite you to make yourself comfortable and give 100% of your attention to Jesus for the next 15 minutes. Smile, you're not being filmed...but your Heavenly Father *is* gazing upon you with lovingkindness. ;-)

If you're listening to the audio, you can close your eyes and let the sound of my voice guide you if you'd like. Breathe deeply and rejoice that God wants to speak to you!

Take a few moments to reflect in your heart on what you experienced the first 4 times listening to God during this training.

[SELAH]

Abraham, the father of believers, was named this for a simple reason:

God spoke to him, and he believed Him.

Abraham believed God when he left his country without knowing where he was going, and he believed God concerning his descendants when his wife was barren. ([Genesis 12:1-4](#), [Genesis 15:5-6](#))

He believed God; in other words, he obeyed Him by blindly trusting Him, to the point of agreeing to sacrifice his son Isaac. ([Genesis 22](#))

During this last test, Abraham demonstrated his faith, and God blessed him.

What strikes me the most is that he took these steps of faith in obedience to God's voice.

He believed that it was God speaking to him!

Someone once said that faith is spelled R.I.S.K.

Abraham took a risk when he left everything to go to Canaan or when he went to Mount Moriah with his son to sacrifice him.

No matter the level of intimacy you have with God, faith will always enter into the equation when it comes to listening to Him.

The same question comes up again and again, and everyone asks it:

Was it really God who spoke to me, or was it my own thoughts?

My friend, have you ever taken risks by faith? Take a few moments to remember the steps of faith that you took in the past and what prompted them.

[SELAH]

My friend, let me give you some advice:

It's easier to learn to hear God when it's low-risk because it requires less faith. Faith develops when we exercise it.

Have you noticed that Abraham had to demonstrate his faith progressively?

Before obeying God asking you, for example, to go to another country and risk your life to preach the Gospel, your faith is going to need to be strengthened and developed.

So now wouldn't be the time, then, on the 5th day of this prayer journey, to ask God whom you're going to marry or if you should sell your house...

The first level of faith is believing that God wants to speak to you.

You can demonstrate this level of faith by regularly taking time to listen to Him and ask Him questions. Being ready to write because you're expecting to receive something from Him is also a demonstration of faith.

You also demonstrate your faith by honoring the Holy Spirit when you feel a prompting in your spirit from Him during the day. For example, if a persistent thought or a discomfort you don't understand arises, simply say, "Holy Spirit, I know that You're living inside of me and that You want to speak to me. What do You want to tell me?"

The second level of faith is deciding to believe what He's telling you about Himself or about you, after you've confirmed that what you received is indeed biblical (we'll talk more about the importance of this step later).

If what God is telling you is turning the things you believe upside down, you'll need all the more faith to believe Him, like when God told Sarah that she would have a child at 90 years old. ([Genesis 17:17](#))

Personally, I had trouble believing that God would tell me that He loved me and so many other things that He shared with me afterwards. Listening to God has freed me from so many lies that I believed in the depths of my heart.

Finally, the third level of faith manifests when you're willing to obey what He tells you. That could be calling someone and catching up, heeding a warning from the Holy Spirit and changing your plans, or making wise decisions based on His guidance.

Let's look again at what Jesus declared:

If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.

[John 7:37-38](#)

Faith, therefore, is like the faucet that releases the river of the Spirit in us.

Have you noticed that I recommend writing down what you receive in prayer? This is first of all to help you express your faith and then remain in faith as you're listening to God.

Indeed, if you start examining every word and image that's coming to you, doubt and anxiety will dry up the river of the Spirit in you. Examine what you've received but only by rereading what you've written.

Sometimes a thought comes to us like an imperceptible whisper. If we welcome it by faith, it becomes stronger, but if we doubt, it fades away, leaving us with our own reasoning.

Thus, when Jesus says that we should come to Him and drink, it's a matter of welcoming by faith what the Holy Spirit living in us will whisper in our spirits.

I invite you now to apply what we've just discussed.

Take out your journal, relax, smile, and imagine that you're in Jesus' arms.

[SELAH]

Now write this question: "Jesus, what do You want to tell me about my faith?"

Open your heart wide and drink by faith what's springing up in you.

Then write what you receive.

[SELAH]

I'd also suggest this question: "Father, what do You want to tell me today?"

[SELAH]

See you tomorrow!

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!

[Psalms 46:10](#)