

# HEARING (GOD'S VOICE)

## SESSION 2 – Helpful Tools

### INTRO: Lassoing the Mind

#### Breathing prayer

#### Body prayer

#### Bible prayer

#### Intercessory prayer

#### Colouring prayer

### Silence

### Journaling

### Group prayer

### Listening prayer

## Listening Prayer

1. [Ephesians 1:18](#) - "Eyes of your heart"

2. [Psalm 23](#) - What do you see?

*Write down what God emphasized.*

3. If you could meet with Jesus...

4. Describe the scene...

*Write down in detail the scene where you are going to meet with Jesus.  
What does it look like?*

**5. Invite Jesus: Picture... Word... Scripture...**

**6. We Ask: "Jesus .... "**

*Write down what He said.*

**8. Is there a gift?**

**9. Prayer of Affirmation**