

ANCIENT PRACTICES: *Listening to God*

A Five Day Weekly Devotional
FALL 2026 | WEEK TWO

*"My sheep hear my voice,
I know them, and they follow me."*
John 10v27

Listening to God is vital for a vibrant, personal relationship with Jesus. This guide is designed to help us slow down, listen to the whisper of the Holy Spirit, and respond faithfully to his voice.



HOW TO USE THIS DEVOTIONAL

Each week follows the Sunday teaching. Five days of Scripture and prayer give us space to practice listening instead of only learning about listening. Every day uses the same simple rhythm, so you can open to that day and begin.

KEEP IT SIMPLE

- Give it 10–15 minutes. Linger longer when you want to, but do not turn this into something to complete perfectly.
- Do not force an experience. Some days you may notice a clear truth, conviction, or prompting. Other days you may simply become quiet and present to God.
- Scripture is our anchor. Hold personal impressions humbly, and process significant decisions with mature, trusted followers of Jesus.
- True listening includes obedience. We are learning to hear Jesus so that we can follow him.

A good prayer for the whole series:
“Speak, Lord, for your servant is listening.”
1 Samuel 3v9



Week 2 – The Listening Heart

Weekend Scriptures: 1 Kings 3v1–15; Psalm 40v5–8; Proverbs 20v12; Matthew 7v24–27

Biblical listening is a posture of the heart. We receive what God says with a willingness to trust and respond. This week, pay attention both to God's invitation and to your own openness or resistance.

Day 1 | 1 Kings 3v1–5

BE STILL — Find a quiet place. Put your phone away. Sit in silence for 2–3 minutes. Pray, “Holy Spirit, I give you _____. Help me hear, see, and obey you.”

READ — Read 1 Kings 3v1–5 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Come with humility. Lay down the need to know or control. Ask God to make your heart receptive to whatever he wants to give.

RESPOND — Talk honestly with God about what you noticed. Receive what is true. Confess what needs to be confessed. If a faithful response is clear, say yes to Jesus. Write one sentence beginning, “I noticed...” or “God’s Word is inviting me to...”

Day 2 | 1 Kings 3v6–9

BE STILL — Find a quiet place. Put your phone away. Sit in silence for 2–3 minutes. Pray, “Holy Spirit, I give you _____. Help me hear, see, and obey you.”

READ — Read 1 Kings 3v6–9 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Ask God for a listening heart. Notice where you feel teachable and where you feel guarded, certain, or resistant.

RESPOND — Talk honestly with God about what you noticed. Receive what is true. Confess what needs to be confessed. If a faithful response is clear, say yes to Jesus. Write one sentence beginning, “I noticed...” or “God’s Word is inviting me to...”

Day 3 | 1 Kings 3v10-15

BE STILL — Find a quiet place. Put your phone away. Sit in silence for 2–3 minutes. Pray, “Holy Spirit, I give you _____. Help me hear, see, and obey you.”

READ — Read 1 Kings 3v10–15 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Receive before you act. Pay attention to what the Spirit may be forming in your desires, priorities, and dependence on God.

RESPOND — Talk honestly with God about what you noticed. Receive what is true. Confess what needs to be confessed. If a faithful response is clear, say yes to Jesus. Write one sentence beginning, “I noticed...” or “God’s Word is inviting me to...”

Day 4 | Psalm 40v4-8; Proverbs 20v12

BE STILL — Find a quiet place. Put your phone away. Sit in silence for 2–3 minutes. Pray, “Holy Spirit, I give you _____. Help me hear, see, and obey you.”

READ — Read Psalm 40v4–8; Proverbs 20v12 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Listen with your whole self. Notice whether God’s Word is inviting you to trust, receive, wait, worship, confess, or act.

RESPOND — Talk honestly with God about what you noticed. Receive what is true. Confess what needs to be confessed. If a faithful response is clear, say yes to Jesus. Write one sentence beginning, “I noticed...” or “God’s Word is inviting me to...”

Day 5 | Matthew 7v24-27

BE STILL — Find a quiet place. Put your phone away. Sit in silence for 2–3 minutes. Pray, “Holy Spirit, I give you _____. Help me hear, see, and obey you.”

READ — Read Matthew 7v24–27 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Hold what you have heard this week before Jesus. Ask for grace to become a person who responds faithfully to what he makes clear.

RESPOND — Talk honestly with God about what you noticed. Receive what is true. Confess what needs to be confessed. If a faithful response is clear, say yes to Jesus. Write one sentence beginning, “I noticed...” or “God’s Word is inviting me to...”