

ANCIENT PRACTICES:
Listening to God

A Five Day Weekly Devotional
FALL 2026 | WEEK THREE

*"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 3 – Competing Voices

Weekend Scriptures: Matthew 17v1–8; Ephesians 2v1–10; 1 John 2v15–17; Galatians 5v13–26

We are always being formed by voices. This week uses a simple examen: notice what has been shaping your thoughts, desires, reactions, and choices, and bring it honestly into the grace of Jesus.

Day 1 | Matthew 17v1-8

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 17v1–8 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — As you become quiet, notice which voices have been loud in you lately. Bring them into the presence of the transfigured Jesus and return your attention to him.

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 | Ephesians 2v1-3

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 Ephesians 2v1–3 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Look back over the last day. Notice cultural pressures, habitual desires, fears, or patterns that have been shaping you without your awareness.

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 | Ephesians 2v4-10

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 Ephesians 2v4–10 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Let grace have the final word. Notice where shame, striving, or an old story about yourself needs to be brought under what God says is true in Christ.

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 | 1 John 2v15-17

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 John 2v15–17 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Notice what you have been wanting most, and what has been shaping those desires. Bring your desires honestly before God without defending or condemning yourself. Ask the Spirit to reorder your loves.

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 | Galatians 5v13-26

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 Galatians 5v13–26 slowly two times. Leave a brief pause between readings. Do not rush to figure everything out.

LISTEN — Review the week with God. Notice where the flesh has been loud and where the Spirit has been quietly producing his fruit. Rejoice, repent, and ask for renewal.

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...”