



EPISODE 4-Learning To Hear God Speak.- Hush

RECAP

Last Episode, we Likened God to a radio station and that we need to tune to him. We spoke about finding your **whispering spot & Solitude** as a way of tuning to God. Today we discuss SILENCE as a twin to SOLITUDE

Focal Scriptures: Psalm 46v10, Hab 2v20, 1 kings 19v11-12

Problem of Noise:

- **External noise:** Family Distractions, Gadgets, Legitimate Errands, Cars etc
- **Internal noise-**Our Thoughts, Worries, Plans, Programmes, etc

It's hard to hear God's voice when you constantly hear yours.

SILENCE XRAYED

- God often speak loudest when we are the quietest.
- If Solitude deals with External Noise, Silence deals with internal Noise
- It's harder to control Internal Noise than External Noise
- Eccl 5v1-2 Being still is an art to learn. We cannot fully realize true intimacy with God until we learn how to come before him in quietness of spirit, soul & body.
- Like Solitude, you Plan for silence, it may not happen by accident.
- Silence is not passive waiting but proactive listening-No wasted time

Planned Quietness: Practical Steps

- Find a quiet place (Solitude)
- Be fully awake & Alert
- Be still Ps46v10-It takes time & practice
- Focus on Him. Talk to him in your heart, Imagine him on the throne Ps 62
- Meditate on a scripture, (different from reading, different from new age eastern religion)
- Avoid mind straying, focus on the Scripture
- Write down your thoughts, impression. Bring it back to God

Application Guide Recommendation

- Observe a Silent rest at the beginning & end of each day; don't start your day in a hurry, don't conclude it abruptly.
- Mark Batterson recommends a Silent rest quarterly.==>2 day silent retreat once a year;-no phone, gadget, or Social Media. Do more listening than talking.