

Seven “Ps” for Listening to God in Scripture



Prepare a scripture passage ahead of time and have it ready.

Place. Somewhere you are alone, quiet, and free in God's presence; the same time and place every day is best.

Posture. Get yourself relaxed and peaceful, a harmony of body and spirit.

Presence of God. Be aware of it, respond to it, and call upon the Holy Spirit.

Passage. Read once, then re-read it *slowly* and attentively.

Pause. Take your time, don't be anxious, and don't worry about reading a certain "amount;" don't try to "figure out" the message, but listen, pause and let God speak. Be attentive to your heart and let the conversation with God be free and relaxed.

Pray honestly, using your own words. At the end of the time, speak words of thanks and petition in a personal and loving manner to God, then jot down important words or experiences from your prayer in a prayer journal.