

# Listening Exercise

A practice for learning how to be present with yourself and God.

**Psalm 46:10 – “Be still and know that I am God.”**

In a quiet place, protected from interruption, let the answers to these questions come to you. There is no hurry so simply wait for the answers to come. Don't move on to the next question until you feel satisfied that you have explored the last.

**Listen for mental noise** – What am I thinking about? What is on my mind? Write it down. *(Try not to edit, judge, analyze or be critical towards the thoughts in your head. Just write them down.)*

**Listen to your physical body** – What is my body saying? Physically, how do I feel right now?

**Listen to your feelings** – what is my heart sensing? What am I feeling? *(Again, try not to edit, judge, analyze or be critical. Let yourself feel what is there.)*

**Listen to gratitude** – What are you thankful for in your life right now? **Who?** *(Invite the Holy Spirit to help you make a list of all that you are thankful and grateful for.)*

**Listen to your desires** – What do I desire? Both surface and deep desires. *(Again, try not to edit, judge, analyze or criticize. Just write down what you desire.)*

**Listen to hear God's desires** – Ask God, “What is on Your heart? What do You desire? Is there anything You want to say to me or that you desire for me?”