

LISTENING TO GOD

Today we discussed seven areas of focus with respect to listening to God in a regular, daily fashion in your life. All seven areas need to be considered together because in most cases it is the union of two or more of these that make for the most fruitful discernment.

Listening to God

Silence in Prayer: *Prayer is consistent, daily communication with God. If we cultivate deep silence, God speaks to us in our hearts.*

Intuition: *An internal sense that God is communicating to us. We can have "the mind of Christ.": (See 1 Corinthians 2)*

Scripture: *God reveals himself to us through the words, stories and images of the Bible.*

People: *God is present in each person we meet, and speaks to us through others He places in our life. It is best not to discern alone, but to journey with others (small communities, a spiritual director, our spouse, etc.).*

Circumstances: *God is present in all circumstances in our life, and all our life can speak God's voice to us.*

Reflection: *God leads us in our life. Reflect on times past when you sensed God communicating with you.*

St. Ignatius suggests we take time at the end of each day to reflect on:

When was I close to God today?

When was I far from God today?

What is God saying to me?

Desire: *We must want to hear God and be open to what is said regardless of what the message may be.*

Sometimes God is quiet

You may sometimes "hear" God wrong, but if you are humble and willing to learn from mistakes, if your intentions are good with a heart that is genuinely seeking God, and if you have discerned with others; there's nothing to fear.

All will be well.

Just do your best.

God loves you.

