

Things to remember:

- This is all about relationship! Though there are some suggested steps identified here, feel free to follow the conversation wherever Jesus may choose to take it.
- Pay attention to the ‘tone’ of the voice you are hearing. It should be consistent with the description in James 3:17: *But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere.*
- If you get ‘stuck’ at any point, try to fix your eyes again on Jesus (in your minds eye) and tell him that you love Him. Ask Him if He would like you to continue the exercise or to come back to it the next day.
- Consider working through this process with your Apprenticeship Prayer Partner, spouse, or close friend. Sometimes it helps to have another person lead us through this.

Apprenticeship Prayer Partner Discussion:

1. In what area of your life do you currently struggle most with trusting God?
2. How would you currently assess your openness to hear from God on any aspect of your life? (Money? Media consumption? Relationships?)
3. How regularly do you ask God for wisdom on comparatively ‘small’ decisions in your life?

Be sure to take advantage of the opportunity to accelerate your growth in recognizing God’s voice.



The Posture of Discernment

Jeremy & Lisa Peters ~ June 9, 2019

“Discernment is much more than mere decision making; it is, first of all, a habit, a way of seeking [God’s heart] that can permeate our whole life.”

Ruth Haley Barton

Prayer of Quiet Trust

Psalm 131:1-3 NIV

*My heart is not proud, Lord,
 my eyes are not haughty;
 I do not concern myself with great matters
 or things too wonderful for me.
 But I have calmed and quieted myself,
 I am like a weaned child with its mother;
 like a weaned child I am content.
 Israel, put your hope in the Lord
 both now and forevermore.*

BUILDING BLOCK #1: Cultivate a deep belief in the goodness of God.

“Jesus, I trust that your way is always best for me and for those I love.”

The prayer of quiet trust is about saying that *God’s will is always the best thing that can happen to us under any circumstance.*

Prayer of Indifference

Luke 22:42 NLT

“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.”

Luke 1:38 NRSV

“Here am I, the servant of the Lord, let it be with me according to your word.”

BUILDING BLOCK #2: Commit to doing the will of God as it is revealed to us.

“Jesus, you can have whatever you want.”

“A question that can help us identify where we need to be made indifferent is: What needs to die in me in order for God’s will to come forth in my life? Or, “Is there anything I need to set aside so that I can be open to what God wants?”

Ruth Haley Barton

The prayer of indifference builds on the prayer of quiet trust, declaring that because God can be trusted, we can fully yield to His will whatever it may be; we release control of the outcome to His sovereignty.

Prayer for Wisdom

James 1:5-8 NLT

“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. Such people should not expect to receive anything from the Lord. Their loyalty is divided between God and the world, and they are unstable in everything they do.”

BUILDING BLOCK #3: Calibrate to love as our ultimate calling.

We must learn to ask the question: “What is love calling me to do in this situation?”

“Jesus, what counsel do you have and what does love look like?”

Once we have settled the issue of trust in our hearts (prayer of quiet trust) and laid down our own will and agenda (prayer of indifference), we are well-positioned to invite the wise counsel of God into our everyday life (prayer for wisdom).

Hearing God Practice:

This week we are going to continue to invite Jesus (through the Holy Spirit) to help us discern our own hearts and to highlight areas where we are being invited to grow in trust, surrender and wisdom.

Make sure you have your prayer journal with you to write out everything that comes to mind. Remember not to over-think it. You can always review what you’ve written afterward, asking Jesus: “Jesus, is this you?”

Begin by taking some deep breaths (4 breaths that are 4 seconds long is a good place to start). With each breath, pray: “Jesus, open the eyes of my heart” (cf. Ephesians 1:18).

Step 1

Ask: “Jesus, where in my life are you inviting me to trust you more?” (Health, relationships, money, future, etc.). Write down what comes to mind.

**** Most of us have multiple areas where trust doesn’t come as easily. Choose one area to work through the following steps each day this week.****

Step 2

Ask: “Jesus, show me the root of my lack of trust in this area. Take me to a memory where this distrust was planted.” Write it down.

Step 3

Ask: “Jesus, what is the lie (coloured lens) I believed and agreed with tied to this memory? In other words, what have I been believing that leads me to conclude that you can’t be trusted? Write it down.

Step 4

Ask: “Jesus, open the eyes of my heart to see You as the Truth. If the above is the lie I have been believing, what is actually true from your vantage point?” Write it down.

Step 5

Pray: “Jesus, I confess and renounce the lie that (whatever the LORD has shown you) and instead I choose to receive the truth that (whatever the LORD has shown you). I cut off all attachments to the lie(s) _____ and order them disarmed and powerless in the name and authority of Jesus. I pray and ask that you would help me to abide in you Jesus, that the truth would set me free” (cf. John 8:32,36).

Step 6

Thanksgiving: Express your heart of gratitude for the truth of Christ coming to bear on your heart and mind.

Step 7

Ask: “Jesus, is there anything else you want to say to me right now?” Write it down.

Step 8

Sit quietly in His presence (without striving), allowing Jesus to minister to your heart.