



A Listening Life

Hearing God's Voice

“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect...” | Peter 3:15

Rhoda Baty
Life Purpose Coach
Hopeful Heart Coaching
Copyright © 2007

A Listening Life

Hearing God's Voice

“Make time for the quiet moments as God whispers and the world is loud.”

‘Have you ever had this happen? You are in a store and something catches your eye that really speaks to you? Just recently, this happened to me. I was in a Target store and saw this saying and I thought to myself how true it is that. We need to make time to hear God whisper. In this busy world we often don't hear what God is saying because we are so busy doing, but God has something to say as we go through the days of our lives. 2 Thessalonians 2:17

1. Listening to your life through SURRENDER.

Surrendering each day, on our knees, will help us hear His whisper. Often times the whisper is so real to life that we think it comes from us and we push it aside. Surrender helps us pay attention to our intuition. Let me give you an example. I was on my way to the grocery store one day before going to work. It's 6am in the morning and there are two grocery stores, ten blocks away from my house, directly across from each other. On the right, my favorite store, on the left, my not so favorite store (especially not at 6am). I'm about 4 blocks away from the stores when this thought enters my mind to go to the store on the left. I argue with myself, reminding myself of the reasons I don't go there - one of which is they have slow checkers. I'm now 3 blocks away from the store and into my mind pops, 'go to the store on the left'. Once again, I convince myself I don't want to do that. I am now at the place where I will have to turn right or left in a matter of a few feet when the thought enters my mind a third time to go to the grocery store on the left. I said to myself, 'this is ridiculous, I hate this store but okay I'll go to the left'. God is so stinking persistent! So I put my items in the cart and can't find the checker! I stand there for what seemed like an eternity (probably 30 seconds) and the checker says, "Hi, Rhoda", and starts telling me he's worried about his son who happens to go to the school I work at. We talk, the parent feels better, I get in the car and say, okay God you win. 2 Thessalonians 2:17

2. Listening to your life through GOD'S WORD.

Daily spending time in God's Word is a must if we want to know Him and become familiar with His voice. If we want to know His comfort, His love, His grace. Another example from my life. My youngest daughter decided to be AWOL from God's army at one point in her young life. I was devastated and panicked, after all she was a pastor's daughter and these things shouldn't happen to us. During the years of her rebellion my panic was overwhelming to the point of being paralyzed with fear continually. My sister-in-law gave me scriptures to dwell on. At first I read them every hour,

eventually that gave way to once a day or when I felt the fear returning, and now I share those scriptures with anyone who has a rebellious child. In those scriptures God reminded me what was true and right - that He was capable and willing to do His part while I'm doing my part. Spending everyday reading those scriptures kept them fresh in my mind and I was able to combat the enemy quickly each time. God won, the enemy lost! I learned how to pray the scriptures and prayed with knowledge. Ps. 119:11

3. Listening to your life through **PRAYER**.

God wants you to spend time with Him daily, giving Him your full attention. He wants to comfort you, guide you, visit with you, and tell you how much He loves you. He wants to plant some thoughts in your mind for the day, He wants to encourage you and have you experience a joy filled life. Joy is the emotion evoked by well-being (what you experience during times of frustration and difficult circumstances from spending time in the presence of God), joy is Spirit produced. God uses the hurts, the crises and the trials of our lives to speak volumes to us. In the midst of them we can spend time in His presence and experience joy unspeakable despite how the situation plays out. Isaiah 40:31

4. Listening to your life through **CIRCUMSTANCES**.

We can hear through all types of circumstances including frustration and failure. Frustration produces feelings of discouragement and this is energy draining. There are people in our lives that drain every ounce of energy we have. But if we are listening He can show us why we are drawn to them and He will give us permission, in some cases, to step back. Other people are usually the culprits that unleash the negative character traits that are already inside of us, things we haven't dealt with or surrendered. They are opportunities to grow if we are listening to what God is saying. Failure is also another circumstance that can cause our growth. Failure is lack of success. It is only failure if we refuse to get back up or we don't learn anything from the experience. We need to remember that yesterday ended last night and God's mercies/compassions are new every morning. Lam. 3:22-23

On the other hand, we also hear God whisper in the 'celebrations of our life', thereby learning what we enjoy and what gives us energy and fulfillment.

As you look back in a time of reflection and contemplation, refuse to let fear keep you from listening to the life purpose God meant for you.

As we embark on journaling about our “listening” to the past, let’s go through the “grieving” and “celebrations” of our life. On pages 8 & 9 you will find a list of feeling words to help you describe your life experiences.

*Grief Map

1. Check any words related to your past or present pain/grief.
2. Put an “H” for “Healed” next to those check marked experiences you feel you have worked through.
3. Put an asterisk by your worst pain or ache.

<input type="checkbox"/> Abuse	<input type="checkbox"/> Divorce	<input type="checkbox"/> Natural disaster
<input type="checkbox"/> Accident	<input type="checkbox"/> Drug-related issue	<input type="checkbox"/> Panic attacks
<input type="checkbox"/> Adoption	<input type="checkbox"/> Dying	<input type="checkbox"/> Probate
<input type="checkbox"/> Affair	<input type="checkbox"/> Empty Nest	<input type="checkbox"/> Rape
<input type="checkbox"/> AIDS	<input type="checkbox"/> Fired	<input type="checkbox"/> Rebellious child
<input type="checkbox"/> Alcohol-related event	<input type="checkbox"/> Flasher	<input type="checkbox"/> Relocation
<input type="checkbox"/> Anorexia	<input type="checkbox"/> Gang-related incident	<input type="checkbox"/> Retardation
<input type="checkbox"/> Appearance	<input type="checkbox"/> Handicap	<input type="checkbox"/> Retirement
<input type="checkbox"/> Bankruptcy	<input type="checkbox"/> Harassment	<input type="checkbox"/> School drop out
<input type="checkbox"/> Battering	<input type="checkbox"/> Heart Attack	<input type="checkbox"/> Separation
<input type="checkbox"/> Betrayed	<input type="checkbox"/> Hijacking	<input type="checkbox"/> Sexual problems
<input type="checkbox"/> Blindness	<input type="checkbox"/> Illness	<input type="checkbox"/> Stalked
<input type="checkbox"/> Broken dream	<input type="checkbox"/> Incest	<input type="checkbox"/> Stillborn child
<input type="checkbox"/> Bulimia	<input type="checkbox"/> Infertility	<input type="checkbox"/> Stroke
<input type="checkbox"/> Burglarized	<input type="checkbox"/> Injury	<input type="checkbox"/> Suicide
<input type="checkbox"/> Business failure	<input type="checkbox"/> Insomnia	<input type="checkbox"/> Surgery
<input type="checkbox"/> Cancer	<input type="checkbox"/> Jail term	<input type="checkbox"/> Teen runaway
<input type="checkbox"/> Carjacking	<input type="checkbox"/> Jilted	<input type="checkbox"/> Torn family
<input type="checkbox"/> Deafness	<input type="checkbox"/> Laid off	<input type="checkbox"/> Unemployment
<input type="checkbox"/> Death	<input type="checkbox"/> Loss of friendship	<input type="checkbox"/> Unwanted pregnancy
<input type="checkbox"/> Death of an unsaved friend	<input type="checkbox"/> Loss of home	<input type="checkbox"/> Weight-related circumstance
<input type="checkbox"/> Depression	<input type="checkbox"/> Loss of limb	Other -
<input type="checkbox"/> Discrimination	<input type="checkbox"/> Military separation	_____
<input type="checkbox"/> Disease	<input type="checkbox"/> Miscarriage	_____
<input type="checkbox"/> Disowned	<input type="checkbox"/> Money problems	_____

*Used with permission from ‘Conversations on Purpose’, Zondervan, Copyright © 2005 by Katherine F. Brazelton

After you have checked the boxes and put an “+” or an asterisk by the ones you’ve been affected by, pick one to write about. After describing the situation ask yourself the following questions:

Describe the situation:

What were my thoughts when the situation was happening? What were my thought processes?

What emotions was I feeling? Why was I feeling them?

Who did I go to for help or discuss the situation? Why did I choose that person? OR why didn't I go to someone to discuss this?

What scripture(s) apply and how do they back up what I think/thought God was saying?
(remember to use scripture in context)

How my life has changed since? How am I using this to help others?

What did I learn about myself?

Now let's move on to the 'celebrations of life'. Mark all that apply but pick only one to examine.

Celebrations of Life

- | | | |
|---|--|--|
| <input type="checkbox"/> Graduation | <input type="checkbox"/> First/any success | <input type="checkbox"/> Wedding |
| <input type="checkbox"/> Birth of a child | <input type="checkbox"/> First house | <input type="checkbox"/> First car |
| <input type="checkbox"/> Engagement | <input type="checkbox"/> Job | <input type="checkbox"/> Raise |
| <input type="checkbox"/> Book published | <input type="checkbox"/> Promotion | <input type="checkbox"/> Day of rest |
| <input type="checkbox"/> Vacation | <input type="checkbox"/> Birth of a grandchild | <input type="checkbox"/> First missions trip |
| <input type="checkbox"/> Going away to college | <input type="checkbox"/> Special Birthday | |
| <input type="checkbox"/> Other (describe) _____ | | |

Describe the situation:

What were my thoughts when the situation was happening? What were my thought processes?

What emotions was I feeling? Why was I feeling them?

Who did I celebrate with? Why did I choose that person?

What scripture(s) apply and how do they back up what I think/thought God was saying?

How my life has changed since? How am I using this to help others?

What did I learn about myself?

Feeling words to describe event:

Here is a listing of words that describe feelings. If you are having difficulty putting a name on your feeling, this list may help you find the right word. You may want to look the word up in the dictionary to see if it in fact is the word that truly describes your feelings.

abandoned ~ absent-minded ~ abused ~ accepted ~ accused ~ admired ~ adored ~ adrift ~ affectionate ~ afraid ~ aggravated ~ aggressive ~ agitated ~ alarmed ~ alert ~ alienated ~ alive ~ alone ~ aloof ~ alluring ~ amazed ~ ambushed ~ amused ~ angry ~ antagonistic ~ anxious ~ apathetic ~ appalled ~ apologetic ~ appreciated ~ appreciative ~ apprehensive ~ aroused ~ ashamed ~ astonished ~ attacked ~ attractive ~ aware ~ awestruck ~ awkward

bad ~ baffled ~ bashful ~ beaten down ~ belittled ~ benevolent ~ berated ~ betrayed ~ bewildered ~ bitter ~ blamed ~ blue ~ bold ~ bored ~ bothered ~ brave ~ broken ~ bummed ~ burdened ~ burned-out

calm ~ capable ~ carefree ~ careless ~ caring ~ cautious ~ censored ~ centered ~ certain ~ challenged ~ charmed ~ cheated ~ cheerful ~ cherished ~ childish ~ clean ~ clear ~ clever ~ close ~ closed ~ clueless ~ clumsy ~ cold ~ comfortable ~ committed ~ compassionate ~ competent ~ competitive ~ complacent ~ complete ~ concerned ~ condemned ~ confident ~ confused ~ considerate ~ contemplative ~ contempt ~ content ~ controlled ~ convicted ~ cornered ~ courageous ~ cowardly ~ cranky ~ crazy ~ cross ~ crushed ~ curious

daring ~ dashed ~ dazed ~ dead ~ deceived ~ dedicated ~ defeated ~ defenseless ~ defensive ~ defiant ~ degraded ~ dejected ~ delicate ~ delighted ~ demoralized ~ dependent ~ depressed ~ deprived ~ deserted ~ desired ~ despair ~ desperate ~ destroyed ~ detached ~ determined ~ devastated ~ devious ~ devoted ~ different ~ difficult ~ dirty ~ disappointed ~ disbelieving ~ discarded ~ disconnected ~ discontent ~ discouraged ~ disgraced ~ disgusted ~ disheartened ~ dishonest ~ disillusioned ~ dismal ~ dismayed ~ disobedient ~ disorganized ~ disposable ~ distant ~ distracted ~ distressed ~ disturbed ~ doubtful ~ drained ~ dropped ~ dull ~ dumb

eager ~ ecstatic ~ edgy ~ effective ~ embarrassed ~ empathetic ~ empty ~ enchanted ~ encouraged ~ energetic ~ energized ~ elated ~ enlightened ~ enraged ~ enriched ~ entertained ~ enthusiastic ~ envious ~ evasive ~ evil ~ exasperated ~ excited ~ excluded ~ exhausted ~ exhilarated ~ expectant ~ exploited ~ exposed ~ exuberant

faithful ~ fake ~ fantastic ~ fatigued ~ fearful ~ fearless ~ feisty ~ fine ~ flustered ~ foolish ~ forgiven ~ forgiving ~ forgotten ~ fortunate ~ framed ~ frantic ~ free ~ friendly ~ frightened ~ frisky ~ frustrated ~ fulfilled ~ full ~ funny ~ furious

generous ~ gentle ~ giving ~ grieving ~ glorious ~ good ~ grateful ~ great ~ glad ~ gloomy ~ grouchy ~ grumpy ~ guarded ~ guilty ~ gullible

handicapped ~ happy ~ hateful ~ haunted ~ healthy ~ heard ~ heartbroken ~ helpful ~ helpless ~ hesitant ~ honored ~ hopeful ~ hopeless ~ horrible ~ horrified ~ hospitable ~ hostile ~ humble ~ humiliated ~ hurt ~ hysterical

idealistic ~ idiotic ~ ignorant ~ ignored ~ imaginative ~ immune ~ impatient ~ impelled ~ imperfect ~ impertinent ~ important ~ impressed ~ impulsive ~ inadequate ~ inattentive ~ incensed ~ incompetent ~ incomplete ~ incredulous ~ indebted ~ indecisive ~ independent ~ indifferent ~ industrious ~ inept ~ inferior ~ inflated ~ informed ~ infuriated ~ inhibited ~ innocent ~ innovative ~ inquisitive ~ insane ~ insecure ~ insensitive ~ insignificant ~ isolated ~ insulted ~ intense ~ interested ~ interrogated ~ interrupted ~ intimidated ~ intimate ~ intrigued ~ invigorated ~ invisible ~ involved ~ irrational ~ irresponsible ~ irritated ~ irked

jaded ~ jealous ~ jinxed ~ jolly ~ jovial ~ joyful ~ jubilant ~ judged ~ judgmental ~ jumpy ~ just ~ justified

kidded ~ kind ~ knowledgeable

late ~ lazy ~ leery ~ left out ~ let down ~ liable ~ liberated ~ lifeless ~ light-hearted ~ liked ~ listened to ~ logical ~ lonely ~ loose ~ lost ~ lousy ~ lovable ~ loved ~ loving ~ lucky

mad ~ manipulated ~ mean ~ meditative ~ melancholy ~ merry ~ mischievous ~ miserable ~ misinterpreted ~ mistreated ~ misunderstood ~ mixed up ~ mocked ~ modest ~ molested ~ moody ~ motivated ~ moved ~ mystified

naive ~ nasty ~ needed ~ needy ~ negative ~ neglected ~ nervous ~ neurotic ~ nonchalant ~ nostalgic ~ noticed ~ numb

obeyed ~ obligated ~ obvious ~ odd ~ offended ~ old ~ open ~ oppressed ~ optimistic ~ ornery ~ out of control ~ outraged ~ overcome ~ overjoyed ~ overloaded ~ overwhelmed ~ overworked ~ owned

pampered ~ paralyzed ~ passionate ~ passive ~ patient ~ peaceful ~ peeved ~ pensive ~ perky ~ perplexed ~ persecuted ~ pessimistic ~ pestered ~ petrified ~ petty ~ phony ~ pious ~ playful ~ pleased ~ poor ~ possessive ~ positive ~ powerful ~ powerless ~ practical ~ pressured ~ private ~ productive ~ protected ~ protective ~ proud ~ provoked ~ prudish ~ punished ~ pushy ~ puzzled

questioned ~ quiet

rambunctious ~ reassured ~ realistic ~ rebellious ~ reborn ~ receptive ~ reckless ~ recognized ~ reconciled ~ reflective ~ refreshed ~ regretful ~ rejected ~ rejuvenated ~ relaxed ~ released ~ relieved ~ reluctant ~ reminiscent ~ remorse ~ renewed ~ replaced ~ replenished ~ repressed ~ rescued ~ resentful ~ reserved ~ resistant ~ resourceful ~ respected ~ responsible ~ restricted ~ revengeful ~ revitalized ~ rich ~ ridiculous ~ right ~ rigid ~ robbed ~ romantic ~ rotten ~ rushed

sabotaged ~ sad ~ safe ~ sassy ~ satisfied ~ saved ~ scared ~ scolded ~ scorned ~ secure ~ seductive ~ self-assured ~ self-centered ~ self-confident ~ self-conscious ~ self-destructive ~ self-reliant ~ selfish ~ sensitive ~ sentimental ~ serene ~ serious ~ sexy ~ skillful ~ shamed ~ shaken ~ sheepish ~ shocked ~ shunned ~ shy ~ sick ~ silenced ~ silly ~ sincere ~ sinful ~ slandered ~ sluggish ~ small ~ smart ~ smothered ~ skeptical ~ solemn ~ soothed ~ sorry ~ special ~ spiteful ~ splendid ~ spunky ~ squashed ~ stifled ~ stimulated ~ stingy ~ strained ~ stretched ~ stressed ~ strong ~ stubborn ~ stumped ~ stunned ~ stupid ~ submissive ~ successful ~ suicidal ~ suffocated ~ sullen ~ sunk ~ super ~ superior ~ supported ~ sure ~ surly ~ surprised ~ suspicious ~ sympathetic

tacky ~ tactful ~ talented ~ talkative ~ tame ~ tarnished ~ tasteful ~ tearful ~ teased ~ tenacious ~ tender ~ tense ~ tepid ~ terrible ~ terrific ~ terrified ~ tested ~ testy ~ thankful ~ thoughtful ~ threatened ~ thrifty ~ thrilled ~ tired ~ tormented ~ torn ~ tortured ~ tough ~ tragic ~ tranquil ~ transformed ~ trapped ~ treasured ~ trembly ~ tremendous ~ tricked ~ troubled ~ trusted

ugly ~ unaccepted ~ unappreciated ~ unbalanced ~ unburdened ~ uncanny ~ uncomfortable ~ unconcerned ~ uneven ~ unfit ~ unfriendly ~ united ~ unjust ~ unknown ~ unneeded ~ unpleasant ~ unreal ~ unruly ~ unwise ~ uplifted ~ used ~ useless

vacant ~ vague ~ vain ~ valid ~ valued ~ vexed ~ vicious ~ victimized ~ victorious ~ violated ~ vivid ~ void

wacky ~ warlike ~ warm ~ warmhearted ~ warned ~ wary ~ wasted ~ weak ~ wealthy ~ weary ~ weird ~ whole ~ wild ~ willful ~ wishful ~ witty ~ worldly ~ worse ~ worthy ~ wounded ~ wrong

yearning ~ yellow ~ yielding ~ young ~ youthful

zany ~ zealous

