

LAB:

1. Get a journal - anything you want to use, that fits your preference.

The best kind of journal is one you are going to use.

2. Worship God with your journal open.

Any way that causes you to put Him in His proper place.

Suggestion is to use Psalms that honor God for inspiration –

Psalm 8, 29, 65-66, 98-99, 145-146.

Copy some of the words in the Psalms as a start.

Express gratitude, praise, honor, mention attributes, what He has done... Don't overthink this

3. Twice this week try worshipping God in your journal.

TAKEAWAYS



Presence-Centered Discipleship

by Pastor David Treloar

Session 3: Tools

From your journal - last week's assignments:

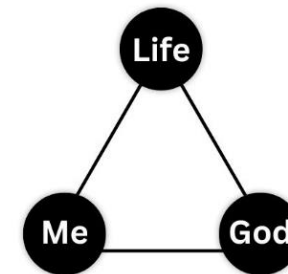
1. Write down the story about how you came to know Jesus.
 - How did you hear from God at that time? Did you hear something, see a picture, feel a strong emotion, or did you just know?
 - Think of one or two other moments when you clearly heard from God... try to identify
2. Think of one or two other moments when you clearly heard from God... try to identify if they fall under hearing, seeing, feeling, or knowing?

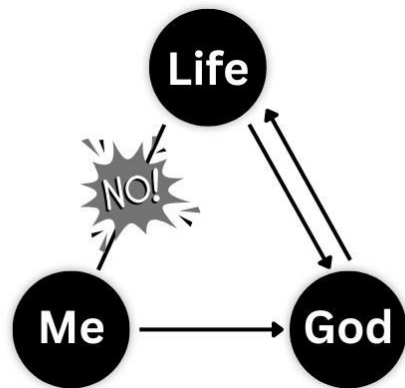
Session 1 - 4 Descriptions of disciple

- ✝ SLOW down to hear the voice of God
- ✝ PROCESS what they hear with the Lord and with others
- ✝ RESPOND to/OBEY the things they hear
- ✝ TEACH others how to follow Jesus

Session 2 - God still speaks and WANTS to speak to us

A graphical illustration of a life in discipleship.





1. Me - Self-awareness is important to understand how God wired you.
Use tools as indicator, then ask God for more understanding.

2. Get to know God.

- ✝ Start with the Bible, spend time getting to know Him, His character, and His nature.
- ✝ Start in a gospel to read it as a story, the biography of Jesus. Allow it to inform and shape you.

*Getting to know God is a **lifelong** journey – this is the first step!*

3. Life

- Your roles and responsibilities for yourself, your family, work, and community. This is God's "assignment."
- Your life is not abstract. It is very real, what you do daily.

The triangle...

Left side is off limits. We are never to live life by ourselves.

Bottom is me moving to God in the **Throne Room**.

- ▲ Start with worship and surrender.
- ▲ It is **never** a place of complaining – that is "illegal." Complaining is accusing God, which is what Satan does as "the accuser."
- ▲ Bring my stuff to God then listen. It is a time to process my heart, but even more, to process God's heart by listening and responding in conversation with humility, transparency, and vulnerability.
- ▲ When don't know what to say, start w/ scripture. Using the S.O.A.P. method is a way to start conversation with God.

Throne Room...

We are first **CALLED** into a relationship with Him. That relationship develops through time with Him.

We then learn to receive insight and hear God speaking about life.

We receive direction and His resources so that we are **EMPOWERED** to live the life God desires, to enjoy fulfilling God's assignment.

"Listening and Responding" by journaling

WRITE DOWN to capture what we hear in Throne Room. Listening in conversation through worship, scripture, and journaling should be the bulk of Throne Room time. The best tool is a journal

- ✓ Point: it is a tool to write down what you hear.
- ✓ **NOT** a diary but to capture important words from God – observations, insights, instructions, affirmation and more.

Note PROGRESS – capturing God interactions will build our faith

GENERAL IDEAS ABOUT JOURNALING

- ✓ Write questions and listen for His answers
- ✓ Write what you think God might be communicating to you
- ✓ Don't beat yourself up if you don't write much - you are building a spiritual practice
- ✓ Celebrate when you hear God and it impacts you

AT THE CORE - have a place to write down what you think you heard from God with a date. It will be valuable in the future.

How do we know it is God's voice?

- ✓ As you develop your relationship with God it gets easier to distinguish His Voice.
- ✓ If you think it might be from God, write it down. God will confirm or deny it. **TRUST HIM!**
- ✓ We process in community.
- ✓ Don't be afraid to do this. You **WILL** develop the ability to hear God's voice.