



Hearing God: Quiet Your Heart and Listen



Discover how to hear God clearly by quieting your heart and recognizing His voice through prayer, Scripture, the Holy Spirit, and wise counsel.



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Introduction

Hearing God is a vital journey for every teen seeking to grow deeper in faith and direction. In a noisy world filled with distractions and countless voices, learning to *quiet your heart* becomes essential to truly listen to God's guidance. Prayer is not just speaking to God but also a sacred space where we pause and open ourselves to hear what He wants to say.

God communicates with us in many ways: through His **Word**, the **Holy Spirit** who dwells within us, and the wise people He places in our lives for advice and encouragement. The Bible is a foundational source where God's truth is revealed clearly. When we study Scripture with an open heart, it lights our path and sharpens our understanding. The Holy Spirit gently nudges, comforts, and directs us in moments of uncertainty.

At times, it can be hard to discern God's voice amidst all the noise—from social media to peer pressures to our own emotions. That's why learning to be still and know that He is God, as Psalm 46:10 encourages, is so important. This study invites you to explore practical ways to calm your heart, grow your spiritual senses, and recognize God's whispers in daily life. Through stories, scripture, and reflection, you'll be equipped to hear His voice more clearly and respond in faith.

Remember, hearing God is a growing practice. Some days may feel quiet or confusing, while others bring unmistakable clarity. God is patient and loves to



guide you step by step. Embrace this time as a journey of deepening trust and connection with Him.





Day 1: Learning to Be Still and Listen



Day 1: 🎧 Learning to Be Still and Listen

Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- *1 Kings 19:11-12 - "The Lord was not in the wind, or the earthquake, or the fire; but in a gentle whisper."*
- *John 10:27 - "My sheep listen to my voice; I know them, and they follow me."*



Devotional: The Power of Stillness to Hear God Clearly


Being still before God is the first step in hearing His voice. In a world that constantly pulls our attention every which way—through phones, friends, and endless activities—it can be tough to find quiet moments. Yet Scripture invites us to pause and truly listen.

Psalm 46:10 reminds us, "Be still, and know that I am God." This stillness is not just the absence of noise outside but a calmness within our hearts. It's in those moments of quiet that God often speaks—sometimes gently, sometimes clearly.

Think about the story of Elijah in 1 Kings 19. He expected God to come in powerful ways—wind, earthquake, fire—but God showed up in a gentle whisper. This teaches us that God's voice might not always be loud or dramatic but subtle and intimate. To recognize it, we must pay attention with calm hearts.

Jesus says in John 10:27 that His sheep listen to His voice. You are one of His sheep! Learning to be still daily through prayer, meditation on Scripture, or quiet reflection helps you to tune in to God's guidance. Try setting aside even five minutes today to simply be quiet and ask God to speak.



Day 1:  Learning to Be Still and Listen


Reflect and Apply

1. What distractions keep me from being still and listening to God?

2. Have I noticed times when God spoke softly instead of loudly?

3. How might I create space daily to quiet my heart before God?



Day 1:  Learning to Be Still and Listen

Journaling Prompts

1. Write about a time when you felt God's peaceful presence in a quiet moment.

2. List three distractions you want to limit to hear God better.

3. Describe how you can practice being still for five minutes today.



Day 1: 🔊 Learning to Be Still and Listen

Prayer for Today

Lord, help me to be still and know that You are God. Calm my busy heart and quiet the noise around me so I can hear Your voice clearly. Teach me to recognize Your gentle whisper and guide me with patience and love. Thank You for being present even in silent moments. Amen. 🙏📝🌟





Day 2: Hearing God Through Scripture



Your Verse

2 Timothy 3:16 - "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."

Supporting Scriptures

- *Psalms 119:105 - "Your word is a lamp to my feet and a light to my path."*
- *Hebrews 4:12 - "For the word of God is alive and active."*



Devotional: Let Scripture Illuminate Your Path

God speaks powerfully through the Bible. When we open Scripture, we open a channel of communication with God Himself. 2 Timothy 3:16 reminds us that all Scripture is inspired by God and equips us to live rightly.

The Bible is like a lamp lighting up dark paths (Psalm 119:105). When you feel confused or unsure, reading God's Word brings clarity and peace. Sometimes a verse will jump out at you just when you need it most—this isn't a coincidence, but a sweet way God speaks through His Word.

Hebrews 4:12 calls the Word "alive and active," meaning it works in our hearts and minds. It can challenge us, encourage us, and direct us towards wise choices. If you want to hear God, spend regular time reading and reflecting on the Bible. Don't just rush through it—ask God what He wants to show you today.

Try journaling about a passage that stands out or memorizing Scripture that feels meaningful. The more familiar you become with God's Word, the easier it will be to recognize His voice when He speaks through it.



Reflect and Apply

1. How often do I read the Bible with the expectation of hearing from God?

2. Have I experienced times when a Scripture verse spoke directly to my situation?

3. What steps can I take to make Bible reading a daily habit?



Journaling Prompts

1. Write about a Bible verse that has encouraged or guided you recently.




2. Make a list of steps to improve your daily Scripture reading routine.

3. Reflect on how Scripture has influenced a decision or action in your life.



Day 2:  Hearing God Through Scripture

Prayer for Today

Dear God, thank You for Your living Word. Help me to open my Bible with a heart ready to listen and learn from You. Speak clearly through Scripture and guide my steps each day. Teach me to treasure Your words and apply them to my life. Amen.   





Day 3: 💪 Recognizing God's Voice Through Spirit and Wisdom



Day 3: 📖 Recognizing God's Voice Through Spirit and Wisdom

Your Verse

John 14:26 - "But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things."

Supporting Scriptures

- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him."*
- *James 1:5 - "If any of you lacks wisdom, you should ask God."*



Devotional: Holy Spirit and Wisdom: God's Guiding Voices

Besides Scripture, God often speaks through the Holy Spirit and wise counsel. John 14:26 introduces the Holy Spirit as our Advocate and Teacher. When you pray and ask for guidance, the Holy Spirit helps you understand and discern God's will.

Sometimes that comes as a quiet nudge or an inner peace about a decision. Other times, God uses people—parents, mentors, pastors, or friends—to share wisdom and encouragement. Proverbs 3:5–6 teaches us to trust God fully and submit our understanding to Him, leaning on His guidance rather than our own.

When confused, James 1:5 assures us that we can ask God for wisdom, and He will generously give it. Learning to listen also means being open to advice from those who reflect God's heart and counsel you with care.

Practice asking the Holy Spirit to guide you during prayer and be willing to seek trusted voices who can offer wise insight. Hearing God might include a combination of Scripture, inner prompting, and godly advice. Be patient and stay open to God's multifaceted ways of speaking.



Day 3: 📖 Recognizing God's Voice Through Spirit and Wisdom

Reflect and Apply

1. How open am I to hearing God through the Holy Spirit and others?

2. Do I seek God's wisdom when making decisions or rely on my own understanding?

3. Who are the wise people in my life that God might be using to guide me?



Day 3: 📖 Recognizing God's Voice Through Spirit and Wisdom

Journaling Prompts

1. Write about a time when you felt the Holy Spirit guiding you.

2. List trusted people who offer you godly wisdom and how they've helped you.

3. Reflect on a decision where you asked God for wisdom and the outcome.



Day 3: 📖 Recognizing God's Voice Through Spirit and Wisdom

Prayer for Today

Holy Spirit, guide me and teach me Your truth. Help me to listen carefully to Your promptings and rely on Your wisdom daily. Lead me to Godly counsel when I need it and give me discernment to follow Your voice faithfully. Thank You for being my constant Guide and Friend. Amen. 🙏 ✨ 🔊





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