# Hearing God's Voice in a Noisy World



Discover how teens can discern and embrace God's guidance amidst daily distractions and noise.





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#### Introduction

Welcome to this 7-day Bible study focused on *Hearing God's Voice in a Noisy World.* As a teen living in a fast-paced, chaotic world filled with endless noise and distractions, it can be challenging to hear God's quiet voice guiding your steps. Whether it's the chatter of social media, peer pressure, endless activities, or the busyness of school, the noise often drowns out the still, small voice of God.

This study will help you explore practical ways to tune into God's voice despite the distractions around you. You'll discover how the Bible offers guidance on recognizing His voice, responding in faith, and finding peace in His presence amidst life's bustle. Each day includes scripture readings, reflections, and journaling prompts to encourage a personal encounter with God.

Remember, God desires to speak to you personally and clearly. His voice is full of love, wisdom, and direction tailored uniquely for your life. Let's embark on this journey together and learn to listen deeply—even when the world feels loud.

















Day 1: (1) Recognizing God's Voice

#### Your Verse

John 10:27 - "My sheep listen to my voice; I know them, and they follow me."

#### **Supporting Scriptures**

- 1 Kings 19:11-12 But the Lord said ... a gentle whisper.
- Psalm 46:10 Be still, and know that I am God.







Day 1: (1) Recognizing God's Voice

#### Devotional: Learning to Discern God's Gentle Whisper

On this first day, we focus on recognizing God's voice. Jesus says in John 10:27 that His sheep listen to His voice and follow Him. But how can we identify His voice amidst a world of noise? Sometimes, God's voice comes gently as a quiet whisper, not as a loud command. Just as Elijah had to stop and listen carefully to hear God's presence (1 Kings 19:11–12), we too need moments of calmness to hear God's voice clearly.

It's important to create space in your day—prayerfully and intentionally—to be still and listen. When you take time to be quiet before God, your heart becomes more sensitive to His whisper. God's voice brings peace and direction. Psalm 46:10 reminds us to "Be still, and know that I am God." This stillness opens our ears and hearts to His guidance.

Try to pay attention today to the gentle nudges or thoughts that prompt kindness, wisdom, or reassurance. These often come from God's voice within you.







Day 1: 📢 Recognizing God's Voice

## Reflect and Apply

1.	What distractions in your life make it hard to hear God's voice?
2.	When was a time you sensed God speaking softly to you?
3.	How can you make more time to be still and listen to God daily?







Day 1: 📢 Recognizing God's Voice

## **Journaling Prompts**

1.	Write about a moment you felt God's peace or guidance recently.
2.	List three ways you can create quiet time to hear God this week.
3.	Describe what you imagine God's voice sounds like to you.







Day 1: (1) Recognizing God's Voice

#### **Prayer for Today**

**Dear God,** thank You for wanting to speak into my life even when the world is noisy around me. Help me to slow down, be still, and recognize Your voice above all other sounds. Teach me to listen attentively and trust Your gentle guidance each day. Quiet my mind and heart so I can clearly hear You. **In Jesus' name, Amen.**  $\bigwedge$ 

















Day 2: n Tuning Out the Noise

#### Your Verse

Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."

#### **Supporting Scriptures**

- Isaiah 30:21 Your ears will hear a word behind you.
- Proverbs 3:5-6 Trust in the Lord with all your heart.







Day 2: n Tuning Out the Noise

#### Devotional: Choosing God's Voice Over Worldly Noise

**Today's focus is on tuning out the noise that distracts us from God's voice.** It's easy to get overwhelmed by social media, peer pressure, and the opinions of others. But God's Word is like a lamp that lights our way (Psalm 119:105). When the world's noise drowns us out, returning to Scripture brings clarity and direction.

Isaiah 30:21 reassures us that God will guide us even when we feel confused. We just need to lean in—trusting Him wholeheartedly as Proverbs 3:5-6 encourages—rather than relying solely on our own understanding or the loud opinions of others.

Try to identify the biggest distractions or voices competing for your attention. Then, purposefully put those aside in prayer. Replace confusion with Scripture, and trust God's voice to lead you forward.







## Reflect and Apply

1.	What are the main distractions preventing you from hearing God clearly?
2.	How can Scripture help you focus on God's voice instead of others' opinions?
3.	In what areas of life do you need to trust God more deeply today?







Day 2: 🕠 Tuning Out the Noise

#### **Journaling Prompts**

	Write about a time you felt confused by conflicting voices. How did God's Word help?
2.	List three distracting noises or influences you need to limit.
3.	Write a prayer asking God to help you trust Him wholly.







Day 2: n Tuning Out the Noise

#### Prayer for Today

















#### Your Verse

Matthew 6:6 - "But when you pray, go into your room, close the door and pray to your Father."

#### **Supporting Scriptures**

- Mark 1:35 Jesus got up early to pray alone.
- Psalm 62:5 Find rest in God alone.







#### Devotional: Finding Quiet Places to Hear God

God often speaks during quiet moments of prayer and solitude. Jesus models this for us in Mark 1:35 when He rises early to pray alone. Matthew 6:6 teaches us to find a private place where we can connect intimately with God. This kind of intentional space creates an environment where His voice becomes unmistakable.

In a noisy world overflowing with constant communication and activities, making room for silence and prayer is essential. Psalm 62:5 reminds us to find rest in God alone, which is impossible if our lives are jam-packed without stillness.

Today, seek out a quiet place—even if for just 5-10 minutes. Turn off your devices, close the door, and invite God to speak to your heart. Creating these moments regularly transforms how deeply you can hear Him in daily life.







## Reflect and Apply

1.	What makes it difficult for you to find quiet time with God?
2.	How can you create a consistent space to pray and listen to Him?
3.	What feelings or thoughts come when you spend still moments with God?







### **Journaling Prompts**

1.	Describe your ideal quiet place to connect with God.
2.	List obstacles to prayer time and plan how to overcome them.
3.	Write about a time when God's peace met you in quietness.







#### Prayer for Today

**Father,** *Thank You for the gift of prayer and quiet moments.* Help me to create space in my busy day to seek You. Teach me to love those times of solitude with You where I can truly listen and rest. Renew my heart as I meet You in stillness. **I trust You to speak clearly and guide wisely.** Amen. 4







## Day 4: (S) Following God's Guidance









Day 4: S Following God's Guidance

#### Your Verse

Proverbs 3:6 - "...and he will make your paths straight."

#### **Supporting Scriptures**

- Jeremiah 29:11 For I know the plans I have for you.
- Psalm 32:8 I will instruct you and teach you in the way you should go.







Day 4: No Following God's Guidance

#### Devotional: Trusting God to Lead Your Steps

Once we hear God's voice, following His guidance is an act of trust and obedience. Proverbs 3:6 promises that when we acknowledge God, He will make our paths straight. This doesn't mean the path is always easy, but it means God leads us in the right direction.

Remember Jeremiah 29:11—God has good plans for your future. Trusting His plan even when it's uncertain shows faith. God promises in Psalm 32:8 to instruct and teach you, so you don't have to walk guessing.

Today, reflect on areas of your life where you might resist God's guidance. Are you willing to follow Him even when it's scary or different? Acting in faith, even in small steps, builds a deeper connection to God's voice and purpose.







Day 4: No Following God's Guidance

## Reflect and Apply

	Are you confident you are following God's voice and not your own desires?
2.	What fears or doubts hold you back from fully trusting God's plan?
3.	How can you practice obedience in small ways this week?







Day 4: No Following God's Guidance

## **Journaling Prompts**

1.	Write about a time following God's guidance brought good results.
2.	List areas where you feel unsure and want God's direction.
3.	Describe what trusting God looks like in your daily choices.







Day 4: S Following God's Guidance

### **Prayer for Today**

**Lord God,** *Thank You that You have good plans for me and that You promise to lead my way.* Help me to trust You fully even when the path is hard to see. Teach me to obey Your voice and walk confidently in Your guidance. Strengthen my faith and help me to listen and follow without hesitation. **In Jesus' name, Amen.**

















Day 5: Q God's Voice Brings Peace

#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you."

#### **Supporting Scriptures**

- Philippians 4:6-7 The peace of God transcends understanding.
- Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast.







Day 5: Q God's Voice Brings Peace

#### Devotional: Experiencing God's Peace Amidst Chaos

One clear sign that you are hearing God's voice is the peace it brings. Jesus said that His peace is a gift, different from what the world offers (John 14:27). When God speaks, even amid uncertainty, you can experience deep, calming peace.

Philippians 4:6-7 encourages us not to be anxious but to bring everything to God in prayer so His peace can guard our hearts. Isaiah 26:3 promises perfect peace to those who keep their minds steadfast on God.

If you find worry or fear creeping in, pause to ask whether those thoughts are drowning out God's peace. God's voice encourages confidence and calmness.







Day 5: 🖓 God's Voice Brings Peace

## Reflect and Apply

1.	How does God's peace feel different from worldly peace?
2.	What anxieties do you need to give to God today?
3.	How does knowing God's peace guide your decisions?







Day 5: 🖓 God's Voice Brings Peace

## **Journaling Prompts**

1.	Write about a moment you felt God's peace despite challenges.
2.	List worries or fears to surrender and pray about now.
3.	Describe how God's peace changes your perspective on problems.







Day 5: 🖓 God's Voice Brings Peace

#### **Prayer for Today**

Father God, *Thank You for the peace that comes from Your voice.* When fears and worries try to overwhelm me, remind me of Your calm and loving presence. Help me to trust fully in Your peace that transcends all understanding. Guard my heart and mind today as I seek You. **In Jesus' name, Amen.** 🔾 🗭 🙏 🖘

















#### Your Verse

2 Timothy 3:16 - All Scripture is God-breathed and useful.

#### **Supporting Scriptures**

- Joshua 1:8 Meditate on the Word day and night.
- Colossians 3:16 Let the message dwell richly among you.







#### Devotional: Deepening Your Connection Through Scripture

The Bible is God's primary way of communicating His heart and guidance to us. 2 Timothy 3:16 says all Scripture is inspired by God and useful for teaching and guiding us. When you regularly read and meditate on God's Word, your ability to discern His voice grows stronger.

Joshua 1:8 encourages us to meditate on God's Word day and night to be careful and prosperous. Colossians 3:16 reminds us to let God's message dwell richly in us. God's voice will become clearer and more familiar as you engage deeply with Scripture.

Commit today to growing in your knowledge of the Bible. Use it as your lamp and compass in the noisy world. Let it shape your thoughts, actions, and listening ears.







## Reflect and Apply

1.	How often do you read and meditate on the Bible?
2.	How has Scripture helped you hear God's voice before?
3.	What changes can you make to let God's Word dwell richly in you?







## **Journaling Prompts**

1.	Write about a favorite verse that helps you hear God.
2.	List ways to make Bible reading a joyful habit.
3.	Describe how God's Word has impacted your decisions.







#### Prayer for Today

**Lord,** *Thank You for the gift of Your Word, which reveals Your voice and leads me.* Help me to delight in Scripture, making it a daily joy and guide. Open my heart to understand and obey Your teachings. Teach me to listen through Your Word and apply it faithfully. **In Jesus' name, Amen.** 









## Day 7: 🌣 Sharing What You Hear









Day 7: 🌣 Sharing What You Hear

#### Your Verse

Matthew 5:14 - "You are the light of the world."

#### **Supporting Scriptures**

- Psalm 119:46 I will speak of Your statutes before kings.
- Hebrews 10:24 Spur one another toward love and good deeds.







Day 7: 🌣 Sharing What You Hear

#### Devotional: Reflecting God's Voice to Others Brightly

As you become more attuned to God's voice, you're called to share what you hear and reflect His light in the world. Matthew 5:14 reminds us that as followers of Jesus, we are the light of the world. When you openly share God's encouragement and truth, you can inspire others to listen and follow Him too.

Psalm 119:46 speaks to confidently speaking God's statutes to others, even in challenging situations. And Hebrews 10:24 urges us to encourage each other toward love and good deeds.

Today, think about ways you can share God's voice with your friends, family, or community. It might be through words, actions, or simply being a peaceful presence in noisy places.







Day 7: 🍑 Sharing What You Hear

## Reflect and Apply

1.	How comfortable are you sharing what God tells you?
2.	Who in your circle needs your encouragement and light?
3.	What are some ways you can live out and express God's voice today?







Day 7: 🍑 Sharing What You Hear

#### **Journaling Prompts**

1.	Write about someone you can encourage with God's Word this week.
2.	List ideas to be a light in noisy or challenging places.
3.	Reflect on how sharing God's voice has impacted your life.







Day 7: 🍑 Sharing What You Hear

#### Prayer for Today







#### Where God's Word Meets Your Daily Life



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