

Tending Your Heart

Part 1 - HANDOUT

The Father's Invitation to Intimacy

OUR NEED:

Being **able to connect with and receive from God** what we need, no matter what is going on.

Having **proven through experience that we can come to God with anticipation and expectancy**, confident of His heart for us.

INTIMACY WITH GOD – OUR PRIORITY and Biblical foundation

- Jesus died so we could enjoy intimacy with Him – two-way dialogue, sharing hearts. (Matthew 27:50-51; Exodus 25:22).
- We are to live listening to Him (Matt. 4:4; Deuteronomy 8:3).
- Jesus modeled this for us (John 5:19; 8:26 and 28).
- Jesus said it is the one thing necessary (Luke 10:39).
- We can all hear Him speak (John 10:27).
- By cultivating a lifestyle of *proactively* listening to and receiving from God, we are able to enjoy increasing intimacy with Him and deny the enemy opportunity to rob us.

Open Discussion

Why is it critical for us to ask God questions and listen?

Why is it so important that every believer hear from God?

Why does God want intimacy with us?

Remember, how Jesus modeled intimacy with God John 8: 26,28

²⁶ *I have many things to speak and to judge concerning you, but He who sent Me is true; and **the things which I heard from Him**, these I speak to the world.*

²⁸ *So Jesus said, "When you lift up the Son of Man, then you will know that I am He, and I do nothing on My own initiative, but I speak these things as the Father taught Me.*

How do I feel about verses like these? John 10:3,27

³ *To him the doorkeeper opens, and the sheep **hear*** his voice, and he calls his own sheep by name and leads them out.*

²⁷ *My sheep **hear*** My voice, and I know them, and they follow Me*

Nature of God's Voice - The Litmus Test

1. His words will never violate but easily align with Scripture.
2. They will affirm the names and roles of the Holy Spirit – to Help, Encourage, Comfort, Teach, Guide, Strengthen, Empower, Liberate, Reveal truth. Life Giver, Gift Giver.
3. They will reflect the character of the Spirit - loving, joyful, peaceful, patient, kind, good, gentle...(Galatians 5:22).
4. God's thoughts will be spontaneous and ultimately positive, usually in the first person.
5. As a believer, He will never condemn or shame you. He will never push you away! His words may rebuke or bring conviction that will produce a longing for restoration.

Further indicators:

- God's voice within you will not eradicate your personality or manner of speech. He is honoring the unique vessel you are. It may sound like you – your flavor.
- His words are light, gentle (1Kings 19:11-12), and easily cut off by imposing our own thoughts or by trying too hard to hear Him.
- His voice will come from within where the Spirit of God dwells (John 7:38).
- God's words can come as strong thoughts, an impression, a picture, or a scripture that stands out. But it will be personal and tailored to us.

Journaling

- Address the member of the Godhead with whom you are most comfortable. (We suggest *Father, Jesus, Holy Spirit* rather than general terms *Lord* or *God*)
- Don't overthink it. It's easy to discard what you hear, because it sounds like you.
- Don't edit. Write down your very first impression. If it lines up with the Litmus Test, receive it as God
- The spontaneous flow that comes from within you will usually be God speaking to you. Keep writing until the flow stops.

Ask: ***Father, what kind of relationship do I want to have with You?***

(Let *Him* tell you.)

Father, what kind of relationship do You want to have with me?

Father, what does my heart need to hear from You right now?

Unpack what He says by asking more questions until it is practical and helpful.

If you are having trouble receiving, make these pronouncements in faith:

In the name of Jesus,

I renounce the lie I cannot hear You.

I renounce the lie that You don't want to speak with me.

I renounce the lie that You want to speak to others more than me.

I renounce the lie that it is not safe for me to hear from You.

I give myself permission to hear from You.

Father, I give You permission to speak to me now.

What do You give me in exchange for the lie that I cannot hear You?

Small Group Discussion (3 OR 4)

Share what you have experienced. Pray for each other.

QT Enrichment

Questions to ask God:

Father, what do You want to say to me about Your desire to speak to me?

What do You want to say to me about my ability to hear from You?

How will hearing from You change my life?

RESOURCE - Hearing God and Expectancy

Matt.27:51 access to Holy of Holies. Ex.25:21,22 I will meet with you...speak to you

Matt.4:4; Deut.8:3 we truly live by what He speaks. Rom.1:17 + 10:17

Is.55:3 listen that you may live. Jn.8:26,28 Jesus, our role model

Luke 10:39,42 one thing necessary. Ps.27:4 one thing I do...behold...and [lit.] 'enquire'

Matt.13:14,15 hearing, seeing but heart has become dull. Prov.4:23 guard your heart

Ps.95:7,8 today if you want to hear His voice, do not harden your hearts.

Heb.3:7,8 not discounting; 4:2 believing His heart as we listen. Gal.3:2,5 hearing with faith

Eccles.5:1,2 draw near to listen....do not be hasty in word or [lit.] 'hurry your heart'

Is.30:19 at the sound of your cry, when He hears it, He will answer you

Ps.5:3 (Amp.) I will prepare a prayer and a sacrifice for You
and watch and wait for You to speak to my heart

Jer.33:3 call to Me and I will answer you and I will tell you great...things which you do not know

Is.58:9,11 You will cry and He will say, "Here I am"...The Lord will guide you continually

Is.30:21 You will hear a word from your Teacher ...whenever you turn Prov.1:33 live secure

Jn.16:13 the Holy Spirit will guide you into all truth ... He will speak and He will disclose

Is.1:18 Come now, and let us reason together

Jn.10:27 My sheep hear Me. Jn.8:47. Jn.10:3 He calls His own sheep by name

Is.9:6 Wonderful Counselor. Ps.73:24 with Your counsel You will guide me

Eph. 4:21 you hear Him and were taught by Him (Concordant Literal)

Jn.20:17 your Father. Jn.15:15 My friends. Requires conversation

Is.50:4,5 He awakens my ear to listen. Ps.143:8 Let me hear Your loving-kindness

Rev.2:7,11,17,29; 3:6,13,22 let him hear what the Spirit says Luke 8:15; Job 23:12 treasure it

Rev.3:20 if anyone hears My voice...opens the door I will come in...dine with him & he with Me

Prov. 8:32 happy are those who listen and respond. Ps. 81:13 the enemy quickly subdued

1John 5:14,15 immediate expectancy