

Hearing God's Voice

*A Simple Guide to
Spirit-Led Journaling*



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Author: Bright Lab

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Website: www.bright-lab.co.za

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Dear friend,

Do you long to hear God's voice more clearly? This simple, Spirit-led journaling technique will help you quiet distractions, open your heart, and write what you sense God is saying to you. It's a practice you can use in just 15–30 minutes a day, anywhere, anytime.

At Bright Lab, my mission is to help women — especially Christian women in academia — plan effectively, be more productive, and live in alignment with their God-given purpose. I believe that real productivity and purposeful planning don't start with a to-do list; they start with hearing from God for yourself. When you receive His direction, you can make decisions, set goals, and take action with clarity and confidence, knowing you're walking in step with His plans for your life.

Hearing God's voice is not reserved for a select few — it's part of the relationship He invites every believer into. As Jesus says, *"My sheep listen to my voice; I know them, and they follow me"* (John 10:27, NIV).

This guide will show you a simple way to slow down, listen, and capture what He speaks to your heart..

With love and expectation,

Esley

Owner and Founder: Bright Lab

The 5 Steps to Spirit-Led Journaling

Step 1 – Prepare Your Heart

Set aside a quiet time without interruptions. Begin with praise and thanksgiving. Ask the Holy Spirit to quiet all other voices and help you hear clearly.

Quick Tip: Light a candle, play soft worship music, or step outside to help still your heart.

Step 2 – Ask One Question

Choose one heartfelt question to bring before God. Keep it simple and open-ended (e.g., “Lord, what do You want to show me today?”).

Quick Tip: Write your question at the top of your journal page so you can return to it as you listen.

Step 3 – Listen in Stillness

Sit quietly for a moment. Let the scripture you’ve read or the question you’ve asked settle in your heart. Notice the gentle thoughts, impressions, or pictures that come to mind.

Quick Tip: Don’t rush — God often speaks in the stillness.

Step 4 – Write What You Sense

Begin writing as if God is speaking directly to you. Don’t overthink — write in faith, trusting that He will confirm His words to you over time.

Quick Tip: Write what you genuinely experience God saying to you, in the first person, as His words to your heart. For example, instead of writing “God loves me and will never leave me”, you might write “I love you and I will never leave you”.

Step 5 – Review and Respond

Read over what you’ve written. Thank God for what He’s shown you. Consider how you can act on what you’ve received.

Quick Tip: End your journaling time by responding directly to what you’ve heard from God — thank Him, express your commitment, or ask follow-up questions. Let it be a continuation of the conversation, not just a closing prayer.

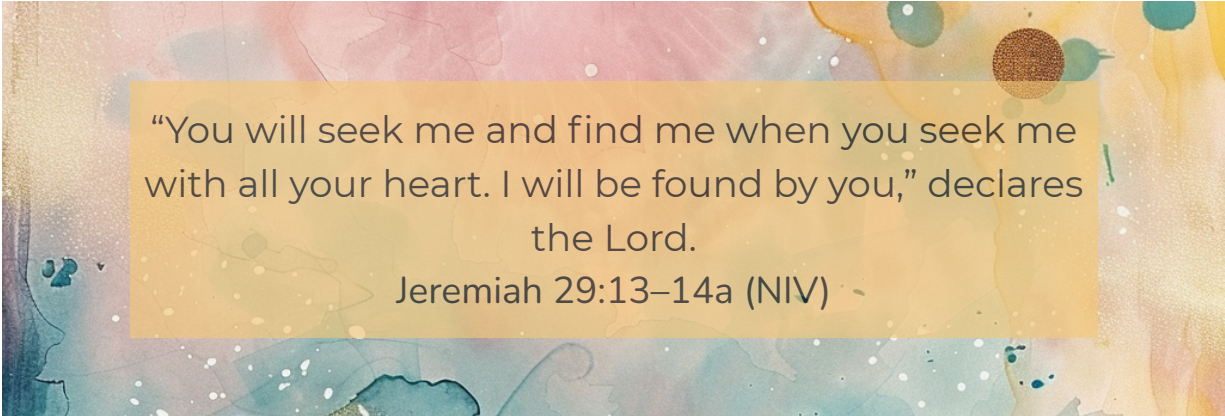
Growing in Practice

Like any relationship, intimacy with God deepens over time. The more often you create space to listen, the more confident you'll become in recognising His voice.

Three Tips for Growing Consistency:

- 1. Choose a regular time and place.** Consistency builds habit.
- 2. Keep all your journal entries together.** Over time, you'll see patterns in how God is speaking to you.
- 3. Test what you hear against Scripture.** God's voice will never contradict His Word or His character.

Remember — this is not a formula, but an invitation. It's a way to slow down and meet with the One who loves you most.



“You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the Lord.

Jeremiah 29:13–14a (NIV)

Go Deeper: Your Next Step

This 5-step technique is just the beginning.

While this quick-start guide gives you the essentials, my complete 7-day digital journey — ***Pathway to Intimacy with God: A 7-Day Journaling Journey*** — guides you through seven powerful days of Spirit-inspired questions and scriptures that build on each other to help you hear God's voice with greater clarity and confidence.

It's a deeply personal journey that helps you:

- Release the lies you've believed about yourself or God
- Receive His truth about your identity and purpose
- Discover how to live a lifestyle of intimacy with Him

If you're ready to go deeper, I'd love to walk that journey with you.

Start your 7-day journey by clicking [**here**](#)

“Draw near to God, and he will draw near to you.”
James 4:8a (ESV)

www.bright-lab.co.za

info@bright-lab.co.za

