



Still Small Voice

**HOW TO HEAR GOD'S VOICE
USING THE TUNED METHOD**

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INTRODUCTION

WHY THE TUNED METHOD WORKS

*I discovered the TUNED Method the night I ran into a storm,
screaming at a God I didn't think cared.*

When the Lies Fell Apart

It wasn't supposed to be like this.

Growing up, all I wanted was for my dad to love me. That's it. That's all I ever needed. But instead of love, he gave me something else—words, sharp as glass, cutting me down until all that was left was someone I didn't even recognize.

"You're worthless."

"You'll never be good enough."

"You'll never amount to anything."

I don't remember when I stopped fighting against it. I just know that one day, I accepted it. Those words became my reality. They weren't insults anymore. They were the truth. My truth.

For years, I walked through life believing I was unlovable, broken beyond repair, destined to fail no matter what I did. And then—just like that—he was gone. My father, the one person who had the power to undo it all, to tell me it wasn't true, to tell me *he was wrong*... died.

And with him, so did my last hope of ever being loved.

What do you do when the only thing you've ever wanted is officially out of reach?
When all you ever hoped for was yanked from your grasp?

I spiraled. Hard. Everything around me was falling apart. My life was a disaster, but honestly, what else was new? That was the only thing I had ever known. Chaos. Pain. The gutwrenching certainty that I was never going to be *enough*.

But this time, it was worse.

I was angry. At life. At myself. At God.

Why did you even create me?

Why am I such a failure at everything?

Why can't anyone love me?

I don't want this life anymore, and I don't even get a say in it?

That night, a storm rolled in—dark, wild, and violent, just like the war inside me. And I let it swallow me whole.

I ran outside into the raging wind and lightning, the rain mixing with my tears, screaming up at the sky.

"WHY, GOD?! WHY DO YOU HATE ME SO MUCH?!"

And then, to my absolute shock, He answered.

"Why do YOU hate YOU so much?"

Everything in me froze.

I expected silence. I expected the void. I expected rejection. I expected to be ignored—because that's all I had ever known.

But instead, I heard Him. Clearly. Undeniably. And for the first time in my life, I wasn't just drowning in my own pain—I was forced to see it.

This was the moment everything changed.

Not all at once. Not instantly. But it was the crack in the foundation of lies that had ruled my life. And through that crack, truth began to seep in.

The Truth That Changed Everything

I spent my whole life believing I was broken. But I wasn't. I was *deceived*.

The words I had lived by weren't true. They were *lies*. Lies I had believed so deeply, they shaped my entire reality. And the worst part? I didn't even realize it.

But the moment I *heard* God—really heard Him—something shifted.

And that's when I realized:

God had been speaking all along. I just never knew how to listen.

That's how the *TUNED Method* was born.

Because here's the thing—most people don't struggle to hear God because He's silent. They struggle because they've been trained to listen to the wrong voices.

They've been conditioned to believe lies about themselves, about their worth, about God Himself. And until you break free from those lies, you'll never hear Him clearly.

Why This Method Works When Others Fail

Most people try to hear God by following rigid formulas—rules, rituals, stepbystep guides that make it seem like God's voice is some kind of puzzle to solve. But that's not how it works.

God isn't a formula. He's a *Father*.

The *TUNED Method* isn't about forcing God to speak—it's about breaking the deception that's kept you from hearing Him. It's about:

- **Tuning out the lies** that have shaped your identity.
- **Understanding how God actually speaks.**
- **Neutralizing the noise** that drowns out His voice.
- **Engaging in real conversations** with Him, not religious performance.
- **Developing spiritual sensitivity** so you recognize His voice anywhere, anytime.

If you've ever felt like God is distant, if you've ever wondered *why can't I hear Him?*—this book is for you.

Because the truth is, He's been speaking all along.

You just need to *get tuned in*.

And by the time you finish this book, you will be.

Let's begin.

CHAPTER 1

STEP ONE: TRUST THAT YOU CAN HEAR

(T Trust)

They are certain that God speaks, yet deep down, they question whether
His voice was ever meant for them to hear.

You Need to Believe

Before you can hear God clearly, you must first believe that He *wants* to speak to you—and that you are *capable* of hearing Him.

This is where most people get stuck. They don't doubt that God speaks; they just don't believe He speaks to *them*.

Maybe you've thought:

- *"God doesn't speak to me."*
- *"I'm not good enough to hear from God."*
- *"Only pastors, prophets, or 'special people' can hear Him."*

These are lies. And as long as you believe them, you will struggle to recognize His voice.

But here's the truth:

God speaks to ALL His children.

"My sheep hear My voice, and I know them, and they follow Me." — John 10:27

If you belong to Him, then you can hear Him. Period.

The only thing standing in your way is the belief that you *can't*.

Trust in the LORD with all your heart, and do not lean on your own understanding. Proverbs 3:5

The Moment I Realized I Could Hear God

I used to believe that silence meant absence. That if I couldn't hear God, it must mean He wasn't speaking—or worse, that He wasn't even there.

I had spent my entire life feeling unheard, unseen, and unwanted. My father's words had shaped me into someone who believed she had no worth. And if my own father didn't think I was worth speaking to, why would God?

So, I built walls. I didn't even try to listen for God because I was convinced He had nothing to say to me.

The night of the storm is when everything came crashing down.

A storm raged outside, but the one inside me was worse. I was drowning in grief, anger, and hopelessness. My life felt like a constant cycle of pain, and I was tired of it.

I ran outside, letting the wind whip against my face as I screamed at the sky.

"Do You even see me? Do You even care?" "Why am I here?"

I wanted an answer. I wanted proof that I wasn't just shouting into the void. I wanted to know that my life mattered, that I mattered.

And then, through the chaos, a voice broke through—not booming, not condemning, but steady and sure.

"Why do YOU hate YOU so much?"

I wasn't expecting a response. But I *heard* Him—clearly, undeniably, in a voice that wasn't mine.

Not with force, not with anger, but with love and truth.

I realized that I had spent my entire life believing lies about myself. That I had let the absence of love from people define my worth. That the silence I thought was abandonment was really just me refusing to listen. For the first time, I realized that God *had* been speaking all along. I just hadn't been listening.

And that night, I finally *heard* Him.

The Truth You Need to Understand

1. God Speaks to All His Children

John 10:27 says, *"My sheep hear My voice."*

Not *some* of His sheep. Not *just* pastors or prophets.

If you are His, you can hear Him. Period.

2. You Were Created to Hear Him

Hearing God isn't a *skill* you have to earn—it's something you were *designed* to do.

Just like a radio is built to pick up signals, you were created to pick up *His* voice.

The problem isn't that He's not speaking. The problem is that you've been *tuned* to the wrong frequency.

3. Faith is Key—Doubt Blocks Reception

James 1:6 warns that doubt makes us unstable, tossed like waves in the sea.

Doubt isn't just an obstacle—it's a **barrier** that blocks reception.

If you don't *believe* you can hear God, you won't be able to recognize His voice when He speaks.

Meditate on Scriptures That Affirm God's Desire to Speak to You

Before you can trust God's voice, you must trust His **character**.

Would a good Father refuse to speak to His child? Would a shepherd lead His flock without guiding them? If you believe that God is silent, you have been deceived.

Read these verses **slowly** and let them sink in:

- **John 10:27** – *“My sheep hear my voice, and I know them, and they follow me.”*
- **Jeremiah 33:3** – *“Call to me and I will answer you, and will tell you great and hidden things that you have not known.”*
- **Isaiah 30:21** – *“Your ears shall hear a word behind you, saying, ‘This is the way, walk in it,’ whenever you turn to the right hand or whenever you turn to the left.”*

Sit with this:

- If you belong to Him, you **already** hear His voice.
- He **promised** that if you call to Him, He will answer.
- He does not leave you to wander in confusion—He is actively guiding you.

Ask yourself:

- Have I been believing the lie that God is silent?
- Have I been too busy or distracted to recognize His voice?
- Am I willing to let go of doubt and trust that He speaks?

Take action:

- Read **John 10:27** out loud. **Personalize it:**
"I am God's sheep. I hear His voice. He knows me, and I follow Him."
- Write this down and place it somewhere you will see every day.

Declare in Faith That You Can Hear Him

Faith is the key that unlocks your ability to hear God.

Doubt is like static on a radio—it distorts the frequency and makes it harder to recognize His voice. If you **believe** you cannot hear Him, your heart will filter out His words.

You must retrain your spirit to expect His voice.

Declare these truths out loud every morning:

- *"God is speaking, and I am listening."*
- *"I was created to hear His voice."*
- *"I reject every lie that says I cannot hear Him."*
- *"God delights in guiding me, and I trust Him."*

Faith comes by hearing (Romans 10:17), so when you speak these truths, your heart aligns with them.

Remove Any Mindset That Limits Your Ability to Listen

What if the only thing stopping you from hearing God was a **false belief**?

Most people don't struggle with **God's voice being unclear**—they struggle with **believing they can hear Him**.

Let's expose the lies:

- **Lie:** *“God doesn’t speak to me.”*
 - **Truth:** *John 10:27 – “My sheep hear my voice.”*
- **Lie:** *“I’m not holy enough to hear Him.”*
 - **Truth:** *Romans 8:14 – “For all who are led by the Spirit of God are the children of God.”*
- **Lie:** *“Only pastors and prophets can hear God clearly.”*
 - **Truth:** *Acts 2:17 – “I will pour out my Spirit on all people.”*

Take action:

1. Write down any thoughts that make you doubt God’s voice.
2. Cross them out and replace them with Scripture.
3. Speak the truth over yourself every day.

God **does not withhold His voice from you**—the only thing standing in the way is the belief that He does.

Expect to Hear from Him

God speaks in many ways:

- Through Scripture – A verse will stand out like never before.
- Through an inner knowing – A deep sense of peace, direction, or warning.
- Through circumstances – God aligns events to confirm His guidance.
- Through whispers in your heart – A sudden thought or prompting that aligns with His Word.

You must train yourself to expect His voice.

Daily Exercise:

- Every morning, pray: *“God, I know You are speaking. Help me recognize Your voice today.”*
- Pay attention throughout the day—write down any thoughts, impressions, or Scriptures that stand out.
- At the end of the day, review your notes and ask, *“Was this You, Lord?”*

The more you **expect** to hear, the more you will **recognize** His voice.

CHAPTER ONE WORKSHOP

Trust That You Can Hear

Exercise 1: Breaking Limiting Beliefs

1. Write down every reason you think you can't hear God.
2. Now, cross them out.
3. Beside each one, write a Bible verse that proves it wrong.

Example:

"God doesn't speak to me."

John 10:27 – "My sheep hear My voice."

This exercise rewires your thinking and aligns you with truth.

Exercise 2: Training Your Heart to Expect His Voice

For the next **seven days**, start each morning with this prayer:

"God, I know You are speaking. Help me recognize Your voice today."

Then, throughout the day:

- Pay attention to thoughts, impressions, and Scriptures.
- Write them down.
- At night, reflect—was God speaking?

Exercise 3: Listening in Stillness

1. Find a quiet place where you won't be disturbed.
2. Set a timer for five minutes.
3. Close your eyes.
4. Ask, "God, what do You want to say to me?"
5. Sit in silence and listen.
6. Write down any thoughts, impressions, or words that come to your mind.

At first, it might feel like nothing is happening. But the more you practice, the more you will recognize His voice.

Completion of This Step

You will know you've completed this step when:

- ✓ You no longer doubt that God speaks to you.
- ✓ You expect to hear from Him daily.
- ✓ You recognize moments when He is speaking.

God is always speaking. The question is—are you listening?

Now, it's time to take the next step. **Are you ready?**

CHAPTER 2

STEP TWO: UNDERSTAND HOW HE SPEAKS

(U Understand)

I used to believe God's voice would be bold and obvious, like booming thunder.

The Whisper That Changed Everything

I used to think God's voice would come as an audible command—like thunder from the heavens or a divine whisper in my ear. I expected something unmistakable, undeniable, something impossible to miss.

But the first time I truly recognized His voice, it wasn't like that at all.

I was in a season of deep uncertainty, crying out for direction. Even though I heard His voice in the storm, I still had yet to learn how to keep tuning in. It was sporadic and I believed I had no control over how or when His voice would be heard. One day, as I was reading Scripture, a verse seemed to leap off the page—like it was written just for me.

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'" — Isaiah 30:21

A warmth spread through my spirit, like a knowing deep inside. It wasn't a booming voice. It wasn't even a whisper in my ear. It was a *knowing*—a certainty that God was speaking through His Word.

I almost dismissed it. *What if I'm just imagining this?* But then I felt His peace settle over me, silencing my doubt. That was the moment I realized:

God had been speaking all along. I just hadn't understood *how* to recognize Him.

What You Must Believe to See the Importance of This Step

To trust God's voice, you must first **understand how He speaks**.

If you don't know the ways He communicates, you will overlook His voice even when He's speaking.

You must believe:

- ✓ God speaks in multiple ways, not just audibly.
- ✓ His voice aligns with Scripture.
- ✓ His voice brings peace, not confusion.

If you believe God *only* speaks audibly, you will miss Him speaking through the **Word**, through **impressions**, through **dreams**, and through the **inner witness of peace**.

Aha Moments That Made Me Believe This Step Was Important

1. God's Voice Is Always Speaking, But We Must Recognize It.
 - I realized that I had *already* heard God many times before—I just didn't know it was Him.
2. His Voice Aligns with His Word.
 - When Scripture started standing out to me at just the right moment, I saw that God's voice is always rooted in His truth.
3. Peace Is a Sign of His Voice.
 - Whenever I sensed His direction, it was marked by peace, even if it required faith to follow.

Limiting Beliefs That Hold You Back

- "I don't know what God's voice sounds like."
 - You have probably heard Him before but didn't recognize it.
- "What if I make it up?"
 - God confirms His voice through Scripture, peace, and alignment with His character.
- "God's voice has to be audible."
 - While God *can* speak audibly, He usually speaks through His Word, impressions, a 'knowing', and peace.

Main Concepts to Implement This Step

1. God Speaks in Multiple Ways

- Through Scripture (Psalm 119:105)
 - Through inner impressions (Acts 16:67)
 - Through dreams and visions (Joel 2:28)
 - Through peace as confirmation (Colossians 3:15)
2. His Voice Always Aligns with Scripture
 - God will never contradict His written Word.
 3. His Voice Brings Peace, Not Confusion
 - Even if His instruction requires faith, it will always bring peace, not fear. This does not mean fear won't try to weasel its way in, so do not confuse the two.

Recognizing the Ways God Speaks

God speaks in various ways, and when you understand this, you will become more aware of His voice.

1. Scripture: The Primary Way God Speaks

"All Scripture is Godbreathed and is useful for teaching, rebuking, correcting and training in righteousness." — 2 Timothy 3:16 (NIV)

The Bible is God's voice in written form. It is His unchanging truth, the foundation of all He speaks, and the clearest way to hear from Him. Every word of Scripture carries His wisdom, guidance, and instruction. If you desire to recognize His voice, you must start by immersing yourself in His Word.

How God Speaks Through Scripture

God often highlights specific verses or passages that relate directly to what you're going through. This can happen in several ways:

- A verse suddenly stands out to you—It may feel as if the words are speaking directly to your heart.
- You keep encountering the same scripture—You hear it in a sermon, see it on social media, or someone unexpectedly shares it with you.
- The words seem to carry fresh meaning—Even if you've read the passage before, it speaks to you in a new way.

The Holy Spirit illuminates Scripture, bringing revelation and clarity to your current situation. If you want to recognize God's voice, you must spend time in His Word, because He will never speak in a way that contradicts it.

Barriers to Hearing God Through Scripture

Many people struggle to hear God through the Bible because of distractions, lack of consistency, or approaching Scripture with the wrong mindset. Here are some common obstacles:

- Reading without expectation, If you approach the Bible as a duty rather than a conversation with God, you may miss His voice.
- Only seeking answers, not relationship, God wants to guide you, but He also wants you to know Him personally.
- Neglecting Scripture in daily life, If you only open your Bible occasionally, you limit your ability to recognize when He is speaking.

Developing the Habit of Hearing God Through Scripture

To hear God consistently through His Word, you must make it a daily priority. Here's how:

1. Set a dedicated time Even five minutes each morning can make a difference.
2. Pray before you read Ask the Holy Spirit to reveal what God wants to say.
3. Read with expectation Approach Scripture with a heart ready to listen.
4. Reflect and apply Ask, "*God, what are You speaking to me through this?*" and write down what stands out.
5. Obey what you hear When God highlights something in His Word, respond with faith and action.

Start your day with five minutes of Scripture reading and ask, "God, what are You speaking to me through this?" Write down any insights and apply them to your life.

Inner Impressions: Quiet Knowing

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'" — Isaiah 30:21 (NIV)

Sometimes, God speaks in a way that is not audible but is deeply felt—a quiet knowing in your spirit. It may feel like a persistent thought, a strong conviction, or an unshakable sense that something is right (or wrong). This is often the Holy Spirit guiding you.

How to Recognize Inner Impressions from God

- A deep sense of "knowing"—You can't explain why, but you just *know* something is from God.
- A recurring thought or idea—If the same thought keeps coming back, especially one that aligns with Scripture, God may be speaking.
- A sudden awareness or insight—You receive clarity about a situation without prior knowledge or reasoning.
- A gentle nudge—Sometimes, it's a quiet prompting to take action, reach out to someone, or move in a specific direction.

This type of communication is subtle, yet powerful. It requires faith and practice to discern. God is always speaking, but we must learn to listen to His whispers.

Barriers to Recognizing Inner Impressions

- Doubt—You may question whether the impression is really from God or just your own thoughts.
- Distraction—If your mind is too cluttered with worries, social media, or busyness, you may miss His voice.
- Ignoring the nudge—If God speaks and you repeatedly ignore it, your sensitivity to His voice can diminish.

Strengthening Your Sensitivity to Inner Impressions

1. Slow down and listen—Make space for quiet moments where you can hear God's nudges.
2. Compare it to Scripture—God will never contradict His Word, so test every impression against the Bible.
3. Pay attention to repetition—If the same thought keeps coming up, don't dismiss it.
4. Act in faith—Sometimes, the only way to know for sure is to step out and see how God moves.

5. Write it down—Keeping a journal of what you sense can help you recognize patterns in how God speaks to you.

Pay attention to recurring thoughts that align with Scripture. Write them down and pray for clarity on what God may be saying.

Dreams and Visions: When God Speaks in the Night

"For God speaks in one way, and in two, though man does not perceive it. In a dream, in a vision of the night, when deep sleep falls on men, while they slumber on their beds, then he opens the ears of men and terrifies them with warnings."
— Job 33:14-16 (ESV)

Throughout Scripture, God has spoken to His people through dreams and visions. From Joseph's prophetic dreams (Genesis 37:5-11) to the angel warning Joseph to flee with Mary and Jesus (Matthew 2:13), God has used dreams to reveal His will, give direction, and provide warnings.

Recognizing When a Dream is from God

Not all dreams are from God—some come from our subconscious, and others may be influenced by external factors. However, dreams from God often carry these characteristics:

- They are vivid and stay with you—Unlike ordinary dreams that fade, God-given dreams often linger in your mind.
- They bring wisdom, instruction, or warning—Biblical dreams often contained messages of guidance, encouragement, or caution.
- They align with Scripture—God will never give a dream that contradicts His Word.
- They leave a strong emotional impression—Even if you don't understand them fully, you may wake up with a deep sense of peace, urgency, or clarity.

How to Interpret and Respond to God-Given Dreams

1. Write it down immediately—Details fade quickly, so keep a journal by your bed.

2. Pray for interpretation—Ask the Holy Spirit to reveal what the dream means.
3. Compare it to Scripture—If the dream aligns with biblical principles, it may be from God.
4. Seek wise counsel—If you're unsure, share the dream with a trusted spiritual mentor.
5. Take action if necessary—If the dream gives direction or warning, respond in obedience.

Common Barriers to Hearing God in Dreams

- Dismissing dreams as random—You might overlook God's messages if you don't take dreams seriously.
- Not recording them—If you don't write them down, you may forget key details.
- Lack of prayer for understanding—Dreams require discernment; without seeking God, their meaning may remain unclear.

Keep a dream journal and pray over your dreams. Ask God to reveal His message and guide you in interpreting them.

Peace as Confirmation

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful." — Colossians 3:15 (ESV)

One of the clearest ways God confirms His guidance is through peace. Even when He calls you to make difficult choices, His direction will always bring an inner certainty and assurance. If you feel unsettled, restless, or confused about a decision, it may be a sign that you need to seek Him again.

How to Recognize God's Peace

- A deep sense of rightness—Even if the decision is hard, you have an unshakable confidence.
- Calm in uncertainty—You may not have all the details, but you feel at peace moving forward.
- A weight lifted—If you were wrestling with a choice, but now feel relieved and sure, God may be confirming the direction.

When There's No Peace—Signs to Pause

- Confusion or hesitation—If you're feeling torn, it may not be the right time to move forward.
- Anxiety or fear—God's peace surpasses understanding (Philippians 4:7); if fear is driving your decision, pause and seek Him.
- A “check” in your spirit—Sometimes, the Holy Spirit will give you an internal warning, a sense that something is off.

Steps to Confirm a Decision Through Peace

1. Pray and surrender—Ask God to reveal whether this path is from Him.
2. Seek Scripture—Does this align with God's Word?
3. Examine your heart—Are you making the choice out of fear, pressure, or impatience?
4. Wait if necessary—Sometimes, a lack of peace means “not yet.”
5. Ask God for clarity—If it is His will, He will confirm it in multiple ways.

Common Barriers to Recognizing God's Peace

- Ignoring red flags—If you sense hesitation but push forward anyway, you may be overriding God's warning.
- Mistaking worldly peace for God's peace—Just because something looks good on the surface doesn't mean it's from God. True peace comes from Him, not circumstances.
- Relying on emotions—God's peace is deeper than fleeting feelings.

Each of these ways—Scripture, inner impressions, dreams, and peace—are powerful means by which God speaks. The more you practice recognizing His voice, the clearer it will become. God desires to lead you, and as you intentionally seek Him, He will reveal Himself in ways that transform your life. Before making decisions, ask, “Does this bring peace or confusion?” If there's no peace, pause and seek Him again.

CHAPTER TWO WORKSHOP **Understanding How He Speaks**

This stepbystep workshop is designed to help you develop a deeper awareness of God's voice. As you engage in these exercises, you will train your spiritual

ears to discern when He is speaking.

Step 1: Read About How God Speaks in the Bible

God's voice is personal, clear, and available to those who seek Him. Read these passages carefully and reflect on what they reveal about hearing God's voice.

Action Step: Start your day with five minutes of Scripture reading and ask, *"God, what are You speaking to me through this?"* Write down any insights and apply them to your life. Do this with all of these verses.

John 10:27 (NIV)

"My sheep listen to my voice; I know them, and they follow me."

Key Insight: Jesus makes it clear that His followers *know* His voice. This means that God's voice is recognizable, but we must be in a relationship with Him to hear it clearly. Sheep don't recognize the voice of a stranger—they follow only their shepherd. In the same way, when we grow in intimacy with God, we can distinguish His voice from all others.

Isaiah 30:21 (NIV)

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"

Key Insight: God desires to guide you in every step. His voice brings direction, not confusion. When you are seeking Him, He will make His path known—sometimes through a quiet nudge, a Scripture that stands out, or an unshakable inner conviction.

1 Kings 19:11-12 (NIV)

"The Lord said, 'Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.' Then a great and powerful wind tore through the mountains and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind, there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper."

Key Insight: God doesn't always speak through dramatic signs; He often speaks in a gentle whisper. If your life is too noisy with distractions, you may miss His voice. Learning to hear God requires stillness and attentiveness.

Reflection Questions:

- What stands out to you about how God speaks in these verses?
- Have you experienced any of these ways before?
- Is there anything preventing you from hearing God more clearly?

Step 2: Start Journaling Your Impressions

Daily Practice to Tune Into God's Voice

1. Find a quiet place – Remove distractions and set aside time to listen.
2. Pray: *"God, speak to me. Help me recognize Your voice."*
3. Write down any impressions, thoughts, or Scriptures that come to mind.
 - These may be words, phrases, images, or even emotions that stand out to you.
 - If a Bible verse suddenly comes to mind, write it down—it may be God's way of speaking to you.
4. Review what you've written later.
 - Does it align with Scripture?
 - Does it bring peace or clarity?
 - Has this impression been confirmed through other ways (such as a sermon, conversation, or additional Scripture reading)?

Tip: Don't overanalyze during this step. Simply write what comes to you, then test it against God's Word. Over time, you'll start recognizing patterns in how He speaks to you.

Step 3: Compare What You Hear with Scripture

God will never contradict His Word. Everything you hear should align with the Bible.

Use These Questions to Test What You Hear:

Does this align with the Bible?

- God will never tell you something that goes against His Word.

- If a thought or impression encourages sin, pride, or fear, it is *not* from God.
- Example: If you feel led to act dishonestly to gain something, that is not God's voice.

Does this bring peace?

- God's voice is marked by peace, even when He gives hard instructions.
- If something brings confusion, fear, or uneasiness, take a step back and seek clarity.
- Example: If you feel anxious and pressured to make a quick decision, it may not be from God.

Does this lead me closer to God?

- God's voice always leads to faith, obedience, and a deeper relationship with Him.
- If something leads you away from God, it is *not* His voice.
- Example: If you feel led to isolate yourself in a way that damages your faith, question that thought.

Tip: If you're unsure whether something is from God, ask for confirmation. God often confirms His voice through Scripture, wise counsel, or repeated messages.

Step 4: Pay Attention to Peace as Confirmation

Before making any decision, pause and check for peace.

Colossians 3:15 (NIV)

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

Philippians 4:67 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

God's peace is one of the strongest indicators of His voice. If you feel restless, hesitant, or uneasy, that could be the Holy Spirit prompting you to wait or

reconsider. However, when a decision aligns with God's will, there is a deep, unshakable peace—even if the decision is difficult.

Ask Yourself:

Do I feel peace or anxiety about this decision?

- If you feel anxiety, don't rush. Seek God for clarity.
- If you feel peace, even if the decision is challenging, that may be confirmation from God.

Does this decision align with God's Word?

- If the decision compromises your integrity or contradicts Scripture, it is not from God.

Have I prayed over this?

- If you haven't invited God into the decisionmaking process, take time to do so.

Action Step: Reflect on a recent decision.

- Did you feel peace or uneasiness?
- Did you take time to pray and seek confirmation?
- Looking back, do you see how God was guiding you?
Write down your reflections in a journal and consider how you can apply this principle moving forward.

Completion of This Step

You recognize patterns in how God speaks to you.

You feel more confident in recognizing His voice.

You compare what you hear with Scripture and peace.

God Has Been Speaking to You All Along

This process is not about *learning* to hear God—it's about *recognizing* how He has been speaking all along. As you grow in awareness and practice these steps, your ability to discern His voice will become clearer.

Are you ready for the next step?

CHAPTER 3

STEP THREE: NEUTRALIZE THE NOISE

(*N Neutralize*)

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

The Turning Point: Love and Honor in His Voice

The noise was relentless. It never stopped, never took a break, never even paused to let me breathe. It was there when I woke up. It was there when I lay in bed at night, exhausted but unable to rest. My thoughts had no off switch. They ran wild, tangled in fear, regret, and the echoes of a past that refused to stay in the past.

I had spent years surviving. Trauma does that to you—it forces you into survival mode, where you learn to live on high alert. Always analyzing. Always preparing for the next blow, the next disappointment, the next failure. Silence wasn't safe because in the silence, the lies got louder. And if the lies got louder, then maybe—just maybe—they were true.

I wanted to believe I could hear God, but how could I? His voice was supposed to be still and small, but all I could hear was the chaos in my own mind.

Then one day, in the middle of another battle with my own thoughts, I felt the nudge. *Question them.* Take every thought captive. Don't just accept everything that runs through your mind as truth. Bring it back to God.

So I did.

At first, it felt awkward, unnatural. Every thought that entered my mind, I brought it before Him. *Is this You, Lord?*

And then there was silence.

So I asked again.

And then, the realization struck me—if it was really God, He would not forget

what He said. He is the same yesterday, today, and forever. If He truly spoke to me, He would say it again.

The first breakthrough came when I realized God's voice is always marked by love and honor. Every single time.

That changed everything.

I began to separate the thoughts in my head. If a thought was dishonorable, it wasn't God. If a thought condemned me, it wasn't God. If a thought manipulated, coerced, or pushed me with fear, it wasn't God.

Because God does not push, He leads.
He does not manipulate, He invites.
He does not shame, He convicts with love.

And when I finally heard Him—*really* heard Him—it was nothing like the storm of thoughts I had been drowning in. His voice was peace. It was steady, unwavering. And it went deep—so deep into my soul that I wept. His words brought life where death had tried to take root.

That was when I understood: *Hearing God is not just about recognizing His voice. It is about silencing every other voice that isn't His.*

And the greatest test of whether it is truly Him speaking? **Obedience.**

God will not waste His words on deaf ears. If He tells you to do something and you refuse, you lessen your ability to hear Him next time. Just like the story of the talents—if you bury what He has given you, it will be given to someone else who will obey.

Hearing God is like a muscle—the more you use it, the stronger it gets.

And the more you obey, the clearer His voice becomes.

Understanding and Neutralizing the Noise

Before you can train yourself to hear God clearly, you must first learn to filter out the noise—the distractions, doubts, and deceptions that can drown out His voice.

1. Your thoughts are not always truth. You must separate what is from God and what is not.

Many people assume that because they think something, it must be true. But Scripture warns us against trusting every thought:

2 Corinthians 10:5 (NIV)

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Not every thought you have comes from God. Some come from your own emotions, some from past wounds, and others from the enemy who seeks to deceive. Your job is to take each thought captive and hold it up to the light of Scripture. If it does not align with God's Word, you must reject it.

God will always speak with love and honor.

He will convict but never condemn. He will invite but never manipulate. The enemy uses condemnation to push you away from God, while the Holy Spirit uses conviction to draw you closer.

Romans 8:1 (NIV)

"Therefore, there is now no condemnation for those who are in Christ Jesus."

John 16:8 (NIV)

"When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment."

God's voice corrects, but never shames. He lovingly points out what needs to change and offers a way forward. He does not force or manipulate—He calls, invites, and leads.

God's voice brings life.

It heals, restores, and speaks peace. If a thought brings fear, anxiety, or shame, it is not from Him.

John 6:63 (NIV)

"The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life."

2 Timothy 1:7 (NIV)

"For the Spirit God gave us does not make us timid, but gives us power, love and selfdiscipline."

Philippians 4:7 (NIV)

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

When God speaks, His words bring life. They strengthen, guide, and encourage—even when they convict. If a thought brings despair, fear, or confusion, it is not from God. His voice always aligns with peace, clarity, and truth.

Obedience increases your ability to hear.

If you ignore what He tells you, you will hear Him less. If you obey, His voice becomes clearer.

Luke 11:28 (NIV)

"He replied, 'Blessed rather are those who hear the word of God and obey it.'"

James 1:22 (NIV)

"Do not merely listen to the word, and so deceive yourselves. Do what it says."

Every time you obey what God tells you, your spiritual ears become sharper. But if you ignore His voice, your ability to hear Him will dull. Think of it like a muscle—the more you use it, the stronger it gets.

Hearing God is a skill that must be practiced.

The more you listen and respond, the stronger your ability to hear Him becomes.

Hebrews 5:14 (NIV)

"But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil."

Hearing God isn't about a onetime experience—it's about cultivating a lifestyle of listening. The more you seek Him, the more sensitive you become to His voice.

CHAPTER THREE WORKSHOP

Workshop: Training Yourself to Hear God Clearly

This stepbystep guide will help you filter out distractions, recognize His voice, and respond in obedience.

Step 1: Dump the Noise

Goal: Clear out distractions and make space for God's voice.

♦ Exercise:

1. Take a journal and write down every thought that comes to your mind—no filtering, no stopping, just let your thoughts flow.
2. As you write, focus on your breathing:
 - Inhale: "God, I invite Your peace."
 - Exhale: "I surrender to You."
3. When your thoughts begin to slow, pause and ask:
 - "God, what do You want me to know right now?"
4. Write down whatever comes next. Don't analyze—just write.

Psalms 46:10 (NIV)

"Be still, and know that I am God."

Why this works: Your mind is often filled with clutter and distractions. Dumping the noise helps you clear space to receive from God.

Step 2: Test the Voice

Goal: Make sure what you hear is truly from God.

1 Thessalonians 5:21 (NIV)

"Test everything. Hold on to what is good."

Ask these questions:

1. Does this bring life? (*John 6:63*)
2. Does this align with Scripture? (*2 Timothy 3:16*)
3. Does this sound like love? (*1 John 4:8*)
4. Does this bring peace, not confusion? (*1 Corinthians 14:33*)

If it fails any of these tests, it is not from God.

Step 3: Ask Him to Repeat It

Goal: Receive confirmation.

Deuteronomy 19:15 (NIV)

"One witness is not enough to convict anyone accused of a crime; a matter must be established by the testimony of two or three witnesses."

God will repeat Himself to confirm His voice. You may hear the same message:

- In a Bible verse
- Through a sermon
- From a friend
- In a dream

If you're unsure, ask God for confirmation. He is not afraid to repeat Himself.

Step 4: Obey What You Hear

Goal: Strengthen your ability to hear God by taking action.

John 14:15 (NIV)

"If you love me, keep my commands."

1. If God gives you an instruction, write it down.
2. Pray on it.
3. Take a step—even a small one.

The more you obey, the more He will speak.

Step 5: Make Space for Him Daily

Goal: Build a lifestyle of listening.

Mark 1:35 (NIV)

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

Daily Practice:

- ♦ Find a quiet place, free of distractions.
- ♦ Invite Him in: *"Lord, I want to hear You."*
- ♦ Sit in silence—expectant, open.

Write down what He speaks.

Completion of This Step Means:

- ✓ You recognize distractions and lies that have been drowning out His voice.
- ✓ You can separate your thoughts from His truth.
- ✓ You understand that His voice is always marked by love and honor.
- ✓ You are actively making space to hear Him.
- ✓ You are obeying what He tells you to do.

Jeremiah 33:3 (NIV)

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

Hearing God is not reserved for the 'spiritually elite.' It is for you.

He is speaking. He is always speaking.

The real question is—are you making space to listen?

CHAPTER 4

STEP FOUR: ENGAGE WITH GOD'S WORD

(E Engage)

*Do not merely listen to the word, and so deceive yourselves. Do what it says
(James 1:22)*

When I Finally Heard Him Speak

Reading the Bible felt like a chore.

I wanted to hear God. I longed for His voice. But every time I opened the Word, I found myself distracted, drowsy, or simply going through the motions. The words blurred together, and I wasn't sure what I was supposed to be getting from them. It was just another book—one that I knew was important, but not one that truly *spoke* to me.

One day, I decided to change my approach. Instead of just reading, I sat in expectation. I opened my journal, ready to write down anything God said to me. I sat in silence, waiting.

Nothing.

I gave it a few more minutes. Still, nothing.

Frustrated, I sighed. *Guess He isn't speaking to me today.*

And then, a quiet whisper in my heart: *Didn't I?*

My heart leapt. *Didn't I?*

Understanding rushed in like a flood.

God *had* spoken. I had just read His Word. Every word of Scripture is *His* voice. But I had been reading just to check a box, not to absorb, not to lean in, not to draw closer to Him.

That was the moment everything changed.

God told me something that stayed with me ever since: *Reading My Word is not just another task on your todo list. It is about relationship.*

I realized that the Bible is not just a book—it is the very breath of God. He is in every word, every comma, every pause between the lines.

From that day on, I never read the Bible the same way again.

What You Must Understand to Engage With God's Word

God's Word is Alive and Active

The Bible is not just a historical record—it is the living, breathing voice of God. Hebrews 4:12 declares:

“For the word of God is alive and active. Sharper than any doubleedged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” (Hebrews 4:12)

Every time you open Scripture, you are encountering God Himself. His Word has power—power to transform, correct, encourage, and strengthen. The same breath that spoke creation into existence breathes life into you through His Word:

“Then God said, ‘Let there be light’; and there was light.” (Genesis 1:3)

When you engage with Scripture, you are not just reading words on a page—you are stepping into a divine conversation.

How This Transforms Your Life:

- When you are weary, God's Word strengthens you:

“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isaiah 40:29-31)

- When you are confused, His Word brings clarity:

“Your word is a lamp to my feet and a light to my path.” (Psalm 119:105)

- When you are lost, His Word leads you back:

“Suppose one of you has a hundred sheep and loses one of them. Doesn’t he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home.” (Luke 15:45)

- When you are under attack, His Word is your weapon:

“Take the helmet of salvation and the sword of the Spirit, which is the word of God.” (Ephesians 6:17)

The More You Know Scripture, the More You Recognize His Voice

Jesus said: “My sheep listen to my voice; I know them, and they follow me.” (John 10:27)

But how do you recognize His voice? By knowing what He has already spoken.

God’s voice will never contradict His Word. If you want to hear Him clearly, you must familiarize yourself with what He has already said.

Satan knows Scripture too, and he twists it to deceive:

“The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.’” (Matthew 4:34)

If you do not know the Word, you can be misled by halftruths, emotions, and even wellmeaning advice that is not aligned with God.

How This Transforms Your Life:

- You gain discernment to recognize truth from lies:

“Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.” (1 John 4:1)

- You develop confidence in knowing what is truly from God:

“To the Jews who had believed him, Jesus said, ‘If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.’” (John 8:31-32)

- You avoid deception by anchoring yourself in God’s unchanging truth:

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.” (Matthew 7:24-25)

Prayer and Scripture Go Hand in Hand

Many people separate prayer from the Bible. But Scripture is one of the primary ways God speaks.

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” (Jeremiah 33:3)

God wants to respond to you, but you must be positioned to hear Him. The Bible is filled with His answers, His promises, and His guidance.

How This Transforms Your Life:

- Your prayers become aligned with God’s will:

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.” (1 John 5:14-15)

- You gain confidence that you are praying in faith, not fear:

“Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.” (Romans 10:17)

- You begin to hear God more clearly because you recognize His tone, nature, and truth.

CHAPTER FOUR WORKSHOP

Engaging with God's Word

Why This Matters

God speaks through His Word. If you want to know His voice, understand His will, and walk in His ways, you must engage deeply with Scripture. Reading the Bible isn't just a habit—it's a lifeline.

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

When you engage with God's Word, you are allowing Him to illuminate your path, guide your steps, and transform your mind. This workshop will equip you with practical ways to interact with Scripture so that it becomes a living, breathing part of your daily walk.

Step 1: Establish a Daily Bible Reading Habit

Why It's Important

God's Word is spiritual food. Just as you wouldn't go days without eating, your spirit needs the nourishment of Scripture daily.

"Man shall not live by bread alone, but by every word that comes from the mouth of God." (Matthew 4:4)

Action Steps

1. Choose a Bible reading plan. Options include:
 - Reading a chapter a day from the Gospels.
 - Following a structured plan (such as reading through the Psalms or Proverbs).
 - Using a Bible app for guided reading.
2. Schedule a specific time to read daily. Mornings, lunch breaks, or evenings—consistency is key.
3. Start with prayer. Ask the Holy Spirit to reveal truth as you read.

Reflection Question:

What is the biggest challenge you face in reading the Bible consistently? How can you overcome it?

Step 2: Meditate on Scripture

Why It's Important

Reading the Bible is not just about information—it's about transformation. Meditation helps the truth take root in your heart.

“But his delight is in the law of the Lord, and on his law he meditates day and night.” (Psalm 1:2)

Action Steps

1. Pick a verse that stands out to you.
2. Read it slowly and repeatedly.
3. Ask yourself:
 - What is God saying here?
 - How does this apply to my life?
 - What does this reveal about God's character?
4. Write it down and keep it with you. Reflect on it throughout the day.

Exercise:

Choose a verse from today's reading. Meditate on it for five minutes. Write down any insights God gives you.

Step 3: Study the Bible Deeply

Why It's Important

God's Word must be rightly understood. Studying prevents misinterpretation and deepens your faith.

“Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.” (2 Timothy 2:15)

Action Steps

1. Use a Study Bible or Bible Commentary. Look up historical and cultural contexts.

2. Compare Different Translations. Sometimes, wording differences provide greater clarity.
3. CrossReference Scripture. The Bible explains itself. Look at related verses to gain understanding.

Exercise:

Pick a passage (e.g., Psalm 23 or Philippians 4:67). Use crossreferences and different translations to study its meaning. Write down what you learn.

Step 4: Memorize Scripture

Why It's Important

When God's Word is in your heart, you can recall it in times of need. Scripture becomes your weapon against temptation, fear, and doubt.

"I have stored up your word in my heart, that I might not sin against you." (Psalm 119:11)

Action Steps

1. Start small. Memorize one verse per week.
2. Use sticky notes or flashcards. Place them where you'll see them often.
3. Speak it out loud. Repeating Scripture strengthens memory.

Exercise:

Choose one of the following verses to memorize this week:

- Philippians 4:13 – "I can do all things through Christ who strengthens me."
- Isaiah 41:10 – "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."
- Romans 8:28 – "And we know that for those who love God all things work together for good, for those who are called according to his purpose."

Write your chosen verse down, recite it daily, and meditate on its meaning.

Step 5: Apply the Word to Your Life

Why It's Important

The Bible is meant to be lived out. Knowledge alone won't change you—obedience will.

“But be doers of the word, and not hearers only, deceiving yourselves.” (James 1:22)

Action Steps

1. Ask: How can I apply this today? Make it personal.
2. Write down one action step. What is one way you can live out today's reading?
3. Share it with someone. Talking about Scripture helps solidify its truth in your heart.

Exercise:

Think of a time when you applied a specific Bible verse to a situation in your life. How did it change the outcome? Write it down and thank God for His guidance.

Completion of Chapter 4 Looks Like:

- ✓ You are consistently reading and engaging with Scripture.
- ✓ You are meditating on, studying, and memorizing God's Word.
- ✓ You are applying the Bible to your daily life and seeing transformation.

Now, it's your turn. **How will you commit to engaging with God's Word this week?**

CHAPTER 5

STEP FIVE: DISCERN AND CONFIRM

(D Discern)

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God. (Romans 12:2)

The Gift I Almost Rejected

God speaks, but so does the enemy. Your own thoughts, emotions, and desires can also cloud your ability to hear clearly. How do you know if what you're hearing is truly from God? The key is discernment—learning to separate God's voice from all the others.

I have the spiritual gift of discernment and discernment. These are two different things. Both are gifts from the Spirit. One allows you to know God's voice and is given to every believer. The second allows certain believers to know, see, and recognize the darkness from the light. They can perceive what is happening in the spiritual realm. To be honest, it is a scary gift at first, but that is another story. Here is a better look at the difference.

The terms discernment and the spiritual gift of discernment (often called the discernment of spirits) are related but distinct in their meaning and function in a believer's life.

1. General Discernment (Spiritual Wisdom)

Discernment, in a broad sense, refers to the ability to judge well, to perceive truth, and to make wise decisions based on God's Word and the guidance of the Holy Spirit. Every believer is called to practice discernment. It involves:

- Understanding right from wrong (Hebrews 5:14 – "But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.")
- Applying wisdom in daily life (Proverbs 3:21 – "My son, do not let wisdom and understanding out of your sight, preserve sound judgment and discretion.")
- Recognizing God's will (Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing, and perfect will.")

This type of discernment grows as believers mature in their faith and immerse themselves in Scripture and prayer.

2. The Spiritual Gift of Discernment (Discernment of Spirits)

The spiritual gift of discernment, also called the discernment of spirits, is a supernatural ability given by the Holy Spirit to certain believers to distinguish between divine, human, and demonic influences. It is listed among the gifts of the Spirit in 1 Corinthians 12:10: *"to another miraculous powers, to another prophecy, to another distinguishing between spirits..."*

This gift enables a person to:

- Identify the presence and activity of the Holy Spirit.
- Recognize demonic influence in people, places, or situations.
- Detect deception, false teachings, and hidden motives.
- Help protect the body of Christ from spiritual attacks.

For example, in Acts 16:16-18, Paul discerned that a girl who was proclaiming the truth was actually operating under a spirit of divination, and he cast the spirit out.

Key Differences

Aspect	General Discernment	Spiritual Gift of Discernment
Who Has It?	All believers (can be developed over time)	Specific believers gifted by the Holy Spirit
Purpose	Helps in making godly decisions and recognizing truth	Supernaturally identifies spiritual influences (God, flesh, or demonic)
Development	Grows with spiritual maturity and studying God's Word	Given by the Holy Spirit as a spiritual gift
Example in Action	A believer avoids a tempting situation by recognizing its dangers	A believer senses demonic oppression in a person and rebukes the spirit

Final Thoughts

While every Christian is called to grow in discernment, not everyone operates in the spiritual gift of discernment. However, those with the gift play a critical role in protecting and guiding the body of Christ. Regardless of whether one has the spiritual gift, all believers should pray for wisdom and discernment to navigate life with spiritual clarity.

You, my friend, can discern. God says you recognize His voice. He says He tells you when to go left or go right. He never leaves you nor forsakes you.

This was a hard one for me. Growing up, I was left. I was forsaken. I was rejected and wounded in my soul. I heard lies day in and day out. I saw things. I heard things. And then I was told I was crazy. *There's nothing there. You're making things up.* So I stopped using the very gift that would have made this process easier for me. I rejected it.

But when you reject a gift, you cannot use it.

I had to first accept and believe that I had the ability to discern. You must, too. You are made in His image—spirit first, flesh second. Your spirit knows Him. Use it. The more you step into a relationship with God out of love and honor instead of duty, the easier it will be to discern His voice.

God knows everything you feel, so just be honest with yourself about it. He is not surprised. Just like that day in the storm. God was not surprised by my anger. Not surprised by my pain. He was with me in all of it. He just needed me to see it.

But here's the truth: **You must do the work.** No one can do it for you. You can receive help, guidance, and be taught, but in the end, it is up to you to do the work. And mastering your thoughts—choosing what you will believe—is work. It takes time and effort on purpose.

But the good news? It gets easier.

Now, there is never a moment I do not hear God.

But in this time of learning to discern, you will also be learning to recognize your own voice. Do you know how many people don't even know their own voice? They think the lies of the devil are their own. I did. Every lie spoken to me became mine. But they were never meant to be mine, and they are not meant to be yours.

It's time to discern the voice of God, the voice of the enemy, and what is simply you.

God's Voice Will Never Contradict Scripture

If what you hear does not align with the Bible, it is not from God. He is unchanging, and His Word is the foundation of all truth.

“Heaven and earth will pass away, but my words will never pass away.” (Matthew 24:35)

“For I the Lord do not change; therefore you, O children of Jacob, are not consumed.” (Malachi 3:6)

God is not a God of confusion, nor does He speak in ways that cause chaos, contradiction, or deception.

“For God is not a God of confusion but of peace.” (1 Corinthians 14:33)

If you feel a leading that contradicts Scripture—even slightly—it is not from Him.

Discernment Grows Through Practice and Wise Counsel

Hearing from God is like developing a skill. The more you engage with His Word, listen in prayer, and step out in faith, the stronger your discernment becomes.

“But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.” (Hebrews 5:14)

You won't always get it right at first, and that's okay. God is patient. Surrounding yourself with godly mentors and wise counselors will also strengthen your ability to discern.

“The way of a fool is right in his own eyes, but a wise man listens to advice.” (Proverbs 12:15)

“Where there is no guidance, a people falls, but in an abundance of counselors there is safety.” (Proverbs 11:14)

God often uses His people to confirm what He has spoken. If you're unsure, seek out believers who are rooted in Scripture and ask for their wisdom.

God's Direction Brings Peace, Even in Hard Choices

God's voice does not bring anxiety, panic, or fear. Even if what He is asking you to do is difficult, His peace will accompany it.

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful." (Colossians 3:15)

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you." (Isaiah 26:3)

If you feel overwhelming fear, confusion, or doubt, step back and seek Him again. God does not rush you into reckless decisions. He leads with clarity and peace.

"The Lord will fight for you; you need only to be still." (Exodus 14:14)

CHAPTER FIVE WORKSHOP

How to Discern and Confirm God's Voice

If you're unsure about something you've heard, use these four steps to confirm it:

1. Test Everything Against the Bible

God's Voice Aligns With His Word

If you ever wonder, *Is this God?* Ask yourself, *Does it match Scripture?* If what you're hearing leads you away from God's truth, it is not from Him.

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." (2 Timothy 3:16-17)

Everything God says will always align with what He has already spoken in His Word.

God will never contradict His own Word. If what you hear does not align with Scripture, it is not from Him.

“Sanctify them in the truth; your word is truth.” (John 17:17)

“The sum of your word is truth, and every one of your righteous rules endures forever.” (Psalm 119:160)

Exercise:

Pick three verses from the Bible and reflect on them. How do they align with what you believe God is saying to you?

2. Pray for Confirmation

Ask God to confirm His message through His Word, circumstances, or even other believers.

“Call to me and I will answer you and will tell you great and hidden things that you have not known.” (Jeremiah 33:3)

Discernment Takes Practice

You won’t always get it right the first time. That’s okay. The more you engage in prayer, Scripture, and listening, the clearer His voice becomes.

“My sheep hear my voice, and I know them, and they follow me.” (John 10:27)

If you are His sheep, you *will* learn to recognize His voice. Don’t be discouraged if you are still growing in discernment.

Exercise: Think back to a time you felt God was speaking. What happened when you followed that prompting? What happened when you didn’t?

3. Seek Godly Counsel

Don’t rely solely on your own understanding. Seek wisdom from mature believers who are grounded in Scripture.

“Without counsel plans fail, but with many advisers they succeed.” (Proverbs 15:22)

“Listen to advice and accept instruction, that you may gain wisdom in the future.” (Proverbs 19:20)

4. Look for Peace as a Sign of God’s Guidance

If anxiety or confusion follows, step back. God’s direction always leads to peace.

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:67)

Even in difficult decisions, God’s peace remains. If you feel fear, anxiety, or confusion, pause. Seek Him again.

“For God gave us a spirit not of fear but of power and love and selfcontrol.” (2 Timothy 1:7)

His peace doesn’t mean the road will be easy, but it does mean He is with you.

Exercise: Write down a recent decision you made. Did it bring peace or uncertainty? Pray over it and ask God for clarity.

Completion of Step 5 Looks Like:

- You confidently know when God is speaking.
- You can discern His will in different situations.
- You no longer mistake lies for truth.

This is the final step, but it is one you will continue refining for the rest of your life.

Now, it’s your turn. **Will you step into discernment and trust that you can hear God?**

WHAT NOW?

*Without knowledge action is useless and knowledge
without action is futile.*

Abu Bakr

You've made it. You've walked through the fivestep framework of TUNED, learning not only that you *can* hear God but also *how* to recognize His voice with confidence. This is just the beginning.

Let's quickly recap what you've learned:

1. T Trust That You Can Hear – You are designed to hear God's voice. He speaks, and you can recognize Him.
2. U Understand How He Speaks – God speaks in many ways—through His Word, His Spirit, circumstances, and even through others.
3. N Neutralize the Noise – You must silence distractions, lies, and fear to hear Him clearly.
4. E Engage With God's Word – Scripture is your foundation. Knowing it helps you discern truth from deception.

5. D Discern and Confirm – Every word from God aligns with Scripture, brings peace, and stands the test of prayer and wise counsel.

Now that you've finished reading this book, **what's next?**

Your Next Steps

1. Put it into practice daily.
 - Hearing God is a relationship, not a one time event. Make space for Him in your daily life—through prayer, worship, and studying His Word.
2. Start a journal.
 - Record what you sense God is saying. Write down verses, dreams, impressions, or confirmations you receive. The more you do this, the stronger your discernment will grow.
3. Surround yourself with godly counsel.
 - Don't go at it alone. Find a mentor, join a Bible study, or connect with others who are also learning to hear God.
4. Take action on what God says.
 - The purpose of hearing God is obedience. When you sense Him leading you, act on it. Trust that He is guiding you for your good.

Want More Support?

If you're ready to take the next step to building your relationship with God and zoning into hearing His voice, I've created a course just for you.

*Embrace who you are now. Not who you were then. You're not the same.
You've been made new. You've been wiped clean.*

- Journaling with God

Embracing Every Part of You

You've walked through this journey of self-acceptance, peeling back the layers, confronting the voices that told you that you were not enough, and stepping into the fullness of who God created you to be. But this is not the end, this is the beginning of a life where you **fully embrace all of you**.

You Are Not Too Much. You Are Enough. You Are You.

Every part of you, the parts you love, the parts you've hidden, the parts you're still learning to understand, deserves to be **seen, loved, and embraced**. You were never meant to live fragmented, rejecting the pieces of yourself that didn't fit someone else's expectations. **God calls you whole. God calls you His.** And it's time for you to stand in that truth.

What's Next? Living Fully as YOU

Now that you've gone through this process, here's how you keep walking in your full, authentic self:

1. **No More Apologies for Who You Are**

Stop shrinking. Stop dimming your light. Stop apologizing for taking up space. **You belong here.** You are not a mistake, and you don't need to justify your existence to anyone.

2. **Embrace the Wholeness of Your Story**

Every chapter of your life, the highs, the lows, the victories, and the wounds have shaped you. Nothing is wasted. Your past does not disqualify you; it **prepares you**.

3. **Give Yourself the Grace You Deserve**

Growth is messy. Healing is not linear. Some days you'll feel strong, and other days you'll doubt everything. **Keep going.** You are worthy of grace in the process.

4. **Surround Yourself with People Who See the Real You**

You don't have to fight for acceptance. The right people will see you and love you **as you are**, without conditions. Let go of relationships that require you to perform, prove, or pretend.

5. **Stay Rooted in the Truth of Who God Says You Are**

The world will always try to define you. People will project their expectations onto you. **But God already established your identity.** Return to Him daily, and let **His voice be the loudest.**

You are not lacking. You are not broken. You are not unworthy.

You are **whole, seen, and deeply loved.**

Now go and live like it.

I believe in you. But more importantly, **God believes in you**. He has called you, chosen you, and equipped you with everything you need to walk in the fullness of who He created you to be. No more shrinking back. No more doubting your worth. No more settling for less than God's best.

It's time to step forward. It's time to reclaim your authenticity.

And it starts **now**.

Are you ready? Let's go.

Want More Support?

You Were Made for More Than "Just Getting By" ...

You Were Created for Supernatural Authority

Reading this eBook lit a fire in you for a reason. It wasn't just inspiring, it awakened something ancient, something eternal.

You don't just want change.

You don't just want healing.

Deep down, you're **longing for the supernatural**.

That's not random. That's not hype.

That's your spirit crying out to return to where it came from **God Himself**.

You were formed in His image, breathed into by His Spirit, and wired for **divine power and holy authority**.

But here's the raw truth:

You **cannot** fully bear the image of God while carrying the weight of shame, self-doubt, or playing small in your purpose. You cannot step into His truth while still believing lies.

God didn't design you for a diluted version of His presence.

He created you to walk in **undeniable power**, to speak with **Heaven's authority**, and to reflect **His glory without hindrance**.

This is your invitation. **A divine moment of decision**.

💬 Check out Untethered: From Abuse to Authority

This is not just a next step. This is a *spiritual alignment moment* where we:

- ✓ Tap into the supernatural hunger inside you and uncover what's been blocking the flow of His power
- ✓ Tear down the lies and strongholds that have muted your voice and dimmed your light
- ✓ Awaken the Image Bearer within so you start walking, speaking, and living from your God-given authority
- ✓ Connect you back to God where supernatural becomes your *normal*, and living in power becomes your *identity*

👑 This isn't a program about improvement. This is a call into **transformation**.
Into divine embodiment.
Into **full access to the supernatural inheritance** that's already yours in Christ.

🔥 If your heart is pounding, if something is stirring ... **don't wait**. That's the Holy Spirit inviting you higher.

You were never meant to live beneath your authority.

Now is the time to rise, reclaim your divine power, and reflect His glory without anything in the way.

Because the world doesn't just need a better version of you, **it needs the real you**, the one made in His image, filled with His Spirit, and walking in supernatural power.

Untethered: From Abuse to Authority [Check it out here!](#)

If you already know **you need deeper guidance and support**, I invite you to apply for my **1on1 coaching program**. In this program, we will:

- ✓ Identify and remove personal barriers that hinder you from hearing God clearly.
- ✓ Strengthen your discernment so you no longer second guess His voice.
- ✓ Develop a daily practice that keeps you in tune with His presence.
- ✓ Learn how to walk in confidence, knowing you are led by God.
- ✓ Step fully into your divinely crafted purpose.

*Apply for 1 on 1 coaching [here](#)

God is speaking, and you don't have to figure this out alone. Whether you take the quiz for direction or step into coaching for deeper transformation, I'm here to help you walk in the fullness of all He has for you!

A Final Word from My Heart to Yours

If you've made it to this point, I want you to know something...**this journey you are on is just beginning.**

You are learning to hear God's voice. You are discovering His presence in His Word. You are stepping into deeper intimacy with Him. And that is a journey worth everything.

There will still be moments of doubt. There will be times when you wonder if you heard Him right. But don't let that discourage you. **God is not playing hide and seek with you.** He wants to be known. He wants to be heard. He wants you to walk in confidence, knowing that He is with you every step of the way.

“Call to me and I will answer you, and will tell you great and hidden things that you have not known.” (Jeremiah 33:3)

If there is one thing I pray you take from this book, it is this: **God desires to speak to you.** Not just to leaders, pastors, or prophets—but to you. His Word is alive. His Spirit is within you. And as you continue to seek Him, you will find Him, just as He promised.

“You will seek me and find me, when you seek me with all your heart.” (Jeremiah 29:13)

So keep listening. Keep seeking. Keep pressing into His presence.

And when you hear His voice—when you know, without a doubt, that the King of Heaven has spoken to you—**hold on to it.** Treasure it. Walk boldly in it. Because your God, the One who formed you, called you, and loves you beyond measure, is speaking.

And He's speaking to **you.**

With love and faith,
Laurie Herbers