

So, with these basic elements as a background, here are specific suggestions on **How to Listen to God:**

1. **Take Time**

Find some place and time where you can be alone, quiet and undisturbed. Most people have found that the early morning is the best time. Have with you some paper and pen or pencil.

2. **Relax**

Sit in a comfortable position. Consciously relax all your muscles. Be loose. There is no hurry. There needs to be no strain during these minutes. God cannot get through to us if we are tense and anxious about later responsibilities.

3. **Tune In**

Open your heart to God. Either silently or aloud, just say to God in a natural way that you would like to find His plan for your life—you want His answer to the problem or situation that you are facing just now. Be definite and specific in your request.

4. **Listen**

Just be still, quiet, relaxed and open. Let your mind go "loose." Let God do the talking. Thoughts, ideas, and impressions will begin to come into your mind and heart. Be alert and aware and open to every one.

5. **Write!**

Here is the important key to the whole process. Write down everything that comes into your mind. **Everything**. Writing is simply a means of recording so that you can remember later. **Don't** sort out or edit your thoughts at this point.

Don't say to yourself:

This thought isn't important;
This is just an ordinary thought;
This can't be guidance;
This isn't nice;
This can't be from God;
This is just me thinking..., etc.

Write down everything that passes through your mind:

Names of people;
Things to do;
Things to say;
Things that are wrong and need to be made right.

Write down everything:

Good thoughts - bad thoughts;