



## The 3D Experience

### Part 5: Discipled by the Spirit

#### Practical Exercises

Continue The 3D Experience Bible Reading Plan

*Hearing God's Voice is a process of learning to discern the Holy Spirit. Therefore, the exercise this week involves both asking God in prayer as well as journaling to help yourself recognize when God is speaking to you.*

#### Pray

"Jesus, speak to me through your Word. Speak to me through other people. Speak to me through knowing, hearing, feeling, and seeing. Speak to me through thoughts, words, feelings and impressions, dreams and visions. Give me the Spirit of Wisdom and revelation so that I can know you more. Silence the voice of the deceiver and let me only hear your Voice. Give me ears to hear and eyes to see. Speak to me in Jesus' name that I might know you more and serve you better! In Jesus' Name I ask these things, Amen!"

#### Devotion Journal

Pray a simple prayer like the one above before reading your Bible each morning this week. Then journal any significant thoughts, insights or ideas you have during your Bible reading time. You'll be surprised how often God speaks to you through his Word, sometimes even directly to a situation you're currently going through.

#### Inspired Journaling Exercise

Take a situation you need guidance on to God. Pray a simple prayer asking him for Guidance and to speak to you. Then write this question at the top of your page: "God, what should I do in this situation?"

Next, imagine God answered you. What do you think he would say? Similar to asking yourself, "What would so-and-so do in this situation?" only you're asking what you think God would want you to do or say to you. Write your answer down on the same page. Often, the Holy Spirit will guide your very thoughts and give you wisdom and speak to you through this way. Of course, don't rely solely on what you write down but test it against Scripture, wise counsel, and the fruit of its wisdom.