

Frequency: Learning to Hear from God

John 10:27 NlrV

DAY 1

Listen Up!

Read James 1:19

Did you have to hurry anywhere today? Maybe you hurried to catch the bus to school or finish your homework so you could go and play. Maybe you had to grab your cleats and water bottle quickly so you wouldn't be late for soccer practice.

When it comes to controlling our tongues, there is one thing we should always be in a hurry to do—listen. When you listen, you always learn something. When we're quick to listen, it helps us hear what the other person is feeling. When we're slow to speak, we give ourselves time to calm down before we lose our tempers.

Hop to It:

Grab some index cards or small pieces of paper, and write the verse in phrases on them. Place them on the ground so you can jump or hop from one card to the next. Walk over the phrases quickly or slowly as you repeat the verse.

DAY 2

Quiet Time Challenge

Read Psalm 46:10

God wants to talk with you every day. But it's hard to hear Him if you're always busy. Being still helps you notice His voice. Find a quiet place today. Turn off screens. Sit down, and take slow breaths. Ask God: "What do You want to say to me?" Then wait quietly. You might remember a Bible verse or a worship song. You might think of something kind to do. These can be ways God speaks to your heart. God's voice will never tell you to do something wrong. He leads you to love others and make wise choices. The more you practice being still, the easier it becomes. God is always near and ready to guide you.

Activity:

Set a timer for three minutes. Sit quietly and listen. Afterward, tell a trusted adult what you noticed or felt during your quiet time today.



DAY 3

What Do You Hear?

Read Proverbs 2:2

Think about your day. What voices do you hear most—friends, teachers, music, or shows? There are many voices around you. God's voice is different. It is gentle, wise, and good. He helps you make right choices and show love. But you must choose to listen. Ask yourself what distracts you. (Maybe screens, noise, or rushing through your day.) These can make it harder to hear God. Now, think about what helps you listen. Reading the Bible, praying, being quiet, and talking with a trusted adult can help. God is not far away. He is always ready to guide you. When you pay attention to Him, you begin to understand His voice better.

Reflection:

Name one distraction that makes it hard to hear God.

DAY 4

Talk and Listen

Read Jeremiah 33:3

Prayer isn't just talking to God—it's also listening. God wants a real relationship with you. That means you speak and listen too. You can tell God anything. Thank Him. Ask for help. Share your feelings. After you talk, pause and be quiet. God may place a thought in your heart or remind you of truth. God's answers don't always come right away, but He always hears you. He always cares. He always responds in the right way at the right time. Listening during prayer helps you grow closer to God. It helps you trust Him more each day.

Prayer:

"God, thank You for loving me and speaking to me. Help me slow down and listen. Teach me to know Your voice. Guide my thoughts and choices today. I want to follow You. In Jesus' name. Amen."

I can hear from God.

