



Modern Day Mary

A LIFESTYLE [CHANGE] BLOG

Listening Prayer Guide /Easter Reflection/

A four-day listening prayer devotional
to help you draw near to the Lord this
Easter

/ EASTER REFLECTION /

Day 1 - The Last Supper

The Lord speaks in many ways. Be it through scripture or song, or an impression he gives you as you listen for his voice, or even through your own mental voice. Sometimes he speaks through pictures, visions, dreams. Be open to however he wants to speak to you today.

1. Start by praying or prayer journaling, reading scripture, or listening to worship music, something to help you clear your mind and focus on the Lord.
2. Pray, asking the Lord to open your mind and your heart to the leading of the Holy Spirit. "Lord, help me to understand what you were feeling and experiencing this day."
3. Read Luke 22: 1-53.
4. What were you trying to show your disciples? What do you want to speak to me today?
Quiet your mind and listen. Write down what pops into your mind (do not filter, you can do that later).
5. If something you heard confuses you or you don't know what it might mean, ask Him. Write down what you hear.
6. Take the things you heard that align with scripture, receive what the Lord spoke to you. Dwell on it and end your time praising God for who He is!

/ E A S T E R R E F L E C T I O N /

Day 2 - The Cross

It is important when using a devotional for listening prayer, to keep in mind that the questions provided are just a guide. God may want to take your time with Him in a different direction. Go with it! Let Him guide your conversation.

1. Start by praying or prayer journaling, reading scripture, or listening to worship music, something to help you clear your mind and focus on the Lord.
2. Read Luke 23:1-49
3. Scripture tells us that Jesus was fully man and fully God. On the cross, he laid down all his power, resisted the temptation to call legions of angels to rescue Him from the cross and coming judgment, and He did it all for you and me. Enter into that suffering with Him by meditating on the scripture passage and asking Jesus, "What was it like?" and "Why did you do it?" and "How did you make it through?"

Quiet your mind and listen. Write down what pops into your mind (do not filter, you can do that later).

4. If something you heard confuses you or you don't know what it might mean, ask Him. Write down what you hear.
5. Take the things you heard that align with scripture, receive what the Lord spoke to you. Dwell on it and end your time praising Jesus for His sacrifice on the Cross.

/ E A S T E R R E F L E C T I O N /

Day 3 - The Disciples

Loving listening prayer? Or still unsure about if it is actually God's voice you are hearing? Try using two different colored pens in your journal, one color for your thoughts and one for what you hear the Lord speaking! See your conversation come alive through this simple practice, from "The Art of Listening Prayer" by Seth Barnes.

1. Start by praying or prayer journaling, reading scripture, or listening to worship music, something to help you clear your mind and focus on the Lord.
2. Read Luke 22:54-62, and 23:50-56. As you read take time to pause and contemplate what these days must have been like for the disciples.
3. When you are ready, ask God these questions: What was it like for the disciples Lord, to see you treated so unjustly and crucified? After you were laid in the tomb, what was it like for them to wait for your promised resurrection? What do you want to show me today?

Quiet your mind and listen. Write down what pops into your mind (do not filter, you can do that later).

4. If something you heard confuses you or you don't know what it might mean, ask Him. Write down what you hear.
5. Take the things you heard that align with scripture, and receive what the Lord spoke to you. Dwell on it and end your time by thanking the Lord for being a God who speaks to us.

/ E A S T E R R E F L E C T I O N /

Day 4

Give yourself grace in the listening prayer space. Just like when you have a conversation with a friend, misunderstandings can happen. That being said, fear of misunderstanding what you hear God speak shouldn't prevent you from speaking to Him. Enter into the conversation humbly, and ask God to protect your mind from misconception, and always check what you hear with scripture. God will not contradict himself!

1. Start by praying or prayer journaling, reading scripture, or listening to worship music, something to help you clear your mind and focus on the Lord.
2. Read Luke 24, taking time to pause and reflect on any details that jump out at you.
3. When you are ready, pray and ask God to reveal any disbelief that lingers in your heart and mind. Then ask, What does your resurrection mean for me as a believer? What areas in my life am I not walking in your authority?

Quiet your mind and listen. Write down what pops into your mind (do not filter, you can do that later).

4. If something you heard confuses you or you don't know what it might mean, ask Him. Write down what you hear.
5. Take the things you heard that align with scripture, receive what the Lord spoke to you. Dwell on it and end your time praising Jesus for His resurrection, and the freedom you have as a result!