

These notes have been put together to be used in Life Groups alongside the Sunday teaching at Wavertree. This week we are covering the topic of tuning out other voices.

STARTER: take a moment to tune out other voices so we can tune in.

- Sit comfortably, feet on the floor.
- Close your eyes or look at a neutral point in the room
- Take 3 slow breaths.
 - Notice - 1 thing you can hear and 1 thing you can feel in your body

Prayer: *“Holy Spirit, we invite you to be with us. Help us to be humble and surrendered. We invite you to speak to us today.”*

◦



READ:

Ezekiel 47:1-9

Key Point:

God's voice is always flowing.
The question isn't God's
availability — it's our
attention.

DISCUSS:

- What stands out to you in this description of the river?
- When the water is shallow, it's easy to ignore. Can you relate to times when God's voice felt easy to overlook?

Anna unpacked how we have both 'blocks' and 'filters' which impact how we hear God. Things that stop us from hearing, distort what we hear or simply limit what we are able to hear.

She particularly highlighted Pain and our Own Agenda as things that can have a big impact on how well we are able to tune in and listen.

As a group you can work your way through some or all of the following points.

Loud voices that can drown out the voice of God include:

- **False beliefs**
- **Cultural expectations**
- **Pain** (see the next page)

Filters shaping how we hear can include:

- **Fear**
- **Shame**
- **Our own striving**

Take some time to prayerfully reflect and then share, or simply discuss. Can you see any of these things influencing how you approach listening or how you hear from God?

PAIN - physical, mental, spiritual or a combination

- Pain can be very loud. In what ways has pain, grief, mental health issues or other painful challenges affected your ability to listen to God?
- Have you noticed physical, mental, or spiritual pain showing up in unexpected ways or times?
- What does it look like to bring pain into God's presence rather than pushing through it?

AGENDAS - things that preoccupy us

Hebrews 12 refers to throwing off everything that hinders us and sin. In other words we can be hindered by our own sin, or by other things that are not sins or not of our own doing. Both need to be thrown off if we are to pursue God and hear Him clearly.

Our agendas could include unresolved pain, hopes and dreams not yet fulfilled, a need for control or attention, a problem that God must solve, or even a cause or a calling we believe in.

- How can we identify agendas that are shaping our approach to God?
- Can you see any agendas in your own life - you don't have to name them.
- How might your relationship with God change if you laid that agenda down?

PRAYER: Psalm 139 reflects on how well God knows us and ends by inviting God to ***“search me O God and know my heart”***

Our loving heavenly Father wants a relationship with us. Take time to pray for one another, inviting the Holy Spirit to search your hearts.

“Holy Spirit, help us to recognise your voice and to lay down the things which limit our ability to hear. Please bring healing where it's needed and deepen our relationship with you.”